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The Efficacy of Nature





We hear the ITV show is going to be bigger and better this year - after 10 million people tuned in to the 2018 finals with Ant McPartlin back to host the show with his partner in crime Declan Donnelly, following his year off presenting. And as the

saying goes, 'If it ain't broke, don't

fix it'... Returning to the judging panel are the fab four -David Walliams, Amanda Holden, Simon Cowell and Alesha Dixon. So if the trailer, which sees them getting up to a lot of mischief, is anything to go by we could be in for a real treat!

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Save up to YOUR ISSUE THIS WEEK...

Celebrity

ON THE COVER

Mary Vs Paul: Inside their bitter feud

ON THE COVER

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: REX

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t looks like the once-close bond between original *Bake*Off judges Mary Berry and

Paul Hollywood has been broken, following his split from wife Alex.

As Paul, 53, moves on with new love Summer Monteys-Fullam, it's

thought Mary, 84,
has sided with Alex
– and the two ladies
will front this
year's BBC
Good Food Show
together, following
confirmation that Paul will
not be appearing.

*Mary is

*Mary is

*Still upset
with Paul'
following
the mum-

'Mary is still upset with how Paul behaved with Alex, and is not getting to know Summer,' revealed a source. 'To avoid any awkwardness with Paul, she's more than happy to work with Alex and help boost her profile as a budding celebrity cook.'

Despite confirming that he will not be attending this year's Good

Food Show, Paul has denied being dropped from the BBC event.

The TV baker split from Alex at the end of 2017,

following a 19-year marriage, with the mum-of-one stating, 'It's such a big thing to end a marriage, but I had to do the right thing, and to have self-respect as well.'





'She is going to hate me for this because she is all posh with her country house and her husband.' Mel B after revealing she and Geri 'had sex' during their Spice Girls years.

CelebrityNEWS

MARRIAGE of the week usannah Constantine raised more than a few

evebrows when she confessed she no longer sleeps in the same bed as her husband, Sten Bertelsen.

Appearing on Good Morning Britain, the style guru revealed, 'We will go to bed together and will have that conversation, and I'll go off if I am tired and need a good night's sleep.'

The What Not to Wear star, 56, continued, 'But also we have been married for nearly 24 years, and I think it's very important – or it was for us - for our children to see us going to bed, and sleeping together and having the united family unit.'

The mum-of-three suddenly had a slip of the tongue when she added.

Susannah revealed a little more than she meant to on **GMB** recently

> 'Now they are older and they understand, I am like f**k sake – excuse my language. It just popped out.' Whatever works for you, Susannah!





KATIE PRICE It's been reported the mum-of-five is being forced to pay back £12,000 a month to clear her debts.

THE DUCHESS OF CAMBRIDGE

Kate is said to have fallen out with close friend Rose Hanbury, **Marchioness of** Cholmondeley.



Has Ruth had a facelift?

We talk to a leading plastic surgeon about the *This Morning* star's fresh-faced 'new look'

'l'd suggest

she's had

uth Langsford previously confessed she's been tempted to get a helping hand in order to maintain her youthful appearance.

The TV presenter, who turns 60 next year, revealed she considered blitzing her wrinkles with Botox and has even

admitted that she's previously had some work done, telling our sister magazine *Woman* that she'd undergone a microneedling procedure, which involves tiny needles piercing the skin to supposedly encourage new cells to grow.

a microneedling procedure, which involves tiny needles piercing the skin to supposedly encourage new cells to grow.

She said, 'I have had one of those on my face. It's quite expensive. The little roller pricks the skin. It's supposed to wake up the natural collagen deep down.' But her insecurities still appear to be haunting her.

'There are times I look in the mirror and think, "I wonder if I'd look better with a bit of Botox?"' she said. 'Or I'll say to Eamonn, "Oh my God, I have no waist. I've thickened up," like my mum used to say."

So, has Ruth's determination to hold back the years got the better of her? According to a leading plastic surgeon, the TV presenter may have finally given into temptation. Mr Max Marcellino from Glow by MYA, compared two photos of

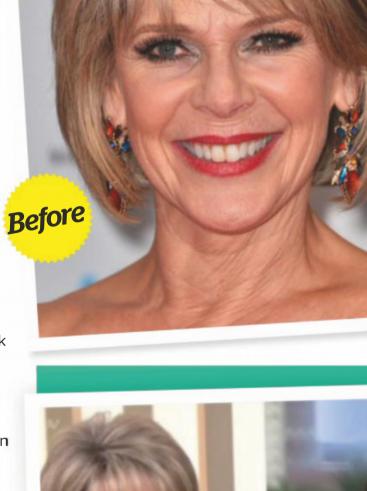
Ruth – one from January 2018, and a more recent one from this year.

'Although Ruth has admitted to non-surgical treatments to her neck, I would suggest she has had a surgical neck and lower facelift. Scars are normally hidden in the hairline and around the back

of the ear to keep scarring discreet.'

Mr Marcellino says the wrinkles on her forehead also appear less visible in the more recent photo. 'I would also suggest Ruth has had anti-wrinkle injections, often referred to as Botox, to her forehead and

glabella lines (frown lines). This non-surgical treatment will create a smooth forehead and limit any frown/ expression lines... It's also possible that Ruth has had the non-surgical treatment of dermal fillers to her cheeks. Fillers plump up skin sections, as plumpness can be lost with the natural ageing process that both men and women go through. The procedure replaces soft tissue, while filling in wrinkles/skin folds.'







AUTIFUL PEOPLE' ARE ALLOWED

Thishloming

OUTRAGE AT SURGERY TIPS

Mr Marcellino's comments come just six months after This Morning viewers were left outraged when a US cosmetic surgeon suggested Ruth could benefit from a nip and tuck during a segment on the show.

Last September, Ruth and Eamonn **s**poke to surgeon Linda Li and the creator of a dating site for 'attractive' people.

The pair explained they offer plastic urgery advice to anyone who has beer rejected from their elitist site.

Linda then assessed Ruth's looks, telling her, 'Your picture looks absolutely radiant, but if you were rejected from the website, I'd point out you do show signs of ageing. The upper and lower eyelid skin, your smile lines are more prominent. We can soften all of that.' Linda also suggested Ruth could benefit from liposuction.

EAMONN'S CRUEL 'QUIPS'

Ruth has always appeared body confident, brushing off criticism from Twitter trolls and the occasional guip from husband Eamonn. But could things finally be getting to her?

'I'm a good size 12/14. A lot of women on TV are much smaller so I'm one of the bigger women on TV today,' she said.

'And television really accentuates it. But I try not to obsess about it. There are loads of times when I forget to hold my stomach in though, and I see a shot of myself and think, 'Ooooh, my pot belly!'

'I love

those

chubby

knees of

yours'

The 59-yearold also admitted she tries to cover up her legs because she doesn't like them.

Speaking on This Morning, Ruth said, 'If I had Andrea McLean's legs, I'd wear a skirt

up to there every day, I tell you.'

A cheeky Eamonn, 59, replied, 'You have very nice legs, darling. I love those chubby knees of yours. Chubby. Lovely.'

It wouldn't be the first time her husband of nine years has poked fun at her figure.

At the start of the year, Eamonn caused uproar when he branded Ruth 'very fat' on the show while the couple discussed making New Year's resolutions.

Despite the jovial tone, the jibe sparked a backlash among the viewers, with one fuming, 'Eamonn only managed to last four minutes before making a derogatory comment to Ruth...'

Maybe it's time to be a bit nicer, Mr Holmes!



NEW MAGAZINE



ON SALE AT ALL GOOD RETAILERS

MAY ISSUE ON SALE 18 APRIL

Lady & the tram

Meet the women who can't resist a rough

diamond

WORDS: MARIA LOIZOU. PHOTOS: BACKGRID UK, GETTY, SPLASHNEWS.COM, REX

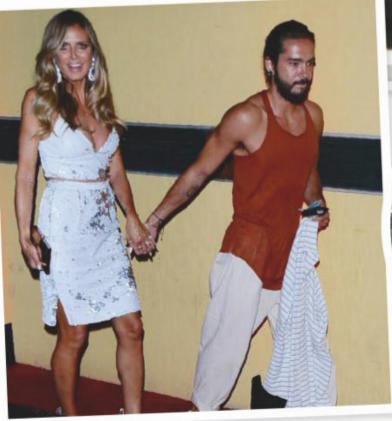
Cameron Diaz & Madden

Actress Cameron, 46, and her musician husband, Benji, 40, may not look like a match made in heaven, but they've been happily married since 2015 - and he even has Cam's name tattooed on his chest!



Kate Beckinsale & Pete Davidson

Having previously dated pop princess Ariana Grande, scruffy American comedian Pete, 25, knows how to bag an A-list lady. His romance with actress Kate, 45, has raised eyebrows, but Pete says they're 'not bothered'.



Heidi Klum & Tom Kaulitz

How to bag a stunning supermodel – put on an old vest and tracksuit bottoms, tie your hair up and don't bother to shave. Well, that's clearly how German rock star Tom Kaulitz, 29, won over 45-year-old Heidi!

Chloe Green & Jeremy Meeks

'Hot felon' Jeremy and Topshop heiress Chloe are a prime example of 'opposites attract'. Chloe, 28, and the ex-convict, 35, welcomed their son, Jayden, last summer and can be mostly found holidaying.

Kate Moss & Count Nikolai von Bismarck

She's modelling royalty, so it makes sense that Kate, 45, has ended up dating aristocracy - even if Count Nikolai, 32, doesn't quite look the part!



INSTAGRAM of the week

Kate and I put on the glitz at The Ritz over a Friday-night cocktail. Only the one despite Kate's look suggesting otherwise!





'We met such amazing people on the road!'

Why Lesley Joseph took a leap of faith to meet the Pope

Your new show Pilgrimage: The Road to Rome finds you and other celebs on the trip of a lifetime...

I was so excited because I'd never been to Rome and so to be asked to walk from Geneva on an old pilgrim route sounded amazing. I went out and bought walking boots to get in training – sometimes walking five miles a day - because when I looked at the two-week trip I saw one day alone was about 16 miles.

What tempted you the most?

I love history, so to go on a route that pilgrims had walked for hundred of years through forests

with no cars, no phones, cut off from everywhere was magical. It felt very mystical. We all felt it. We weren't living in five-star hotels, or

eating the best food, or always on our phones. It was back to basics.

What were the conditions like?

We stayed in a different hostel or convent every single night. Often it was bunk beds or a sleeping bag, or us girls in a dormitory with a thin curtain down the side and the boys on the other. It

was full on, not always sleeping very well, but we'd meet such amazing people on the road.

I guess all of the celebs rallied around each other?

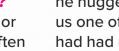
We did. Greg Rutherford and Brendan Cole were fantastic because if anyone was falling behind they'd wait with them and

help them up the hills.

What was it like arriving in Rome?

They told us we were meeting the Pope. I went, 'What!?' So we

had half an hour with the Pope. The British Ambassador told us he had never done it before and at the end he hugged and kissed us and gave us one of only 2,000 medals he had had minted to mark six years in the papacy and when he got to me he said I didn't look 72 and I went, 'Oh bless you' and then I suddenly realised I'd blessed the Pope!



'It was very

hard to come

down from'





With a newborn cooking on the home front with his lovely wife Anne-Marie, **Gregg Wallace** (snapped with pal John Torode) is sticking with the name 'Sid', 'All babies look like a Sid in a scan,' he joked. Good point - I was dubbed Sid James by my late aunty when she first **clapped** eyes on me.





Spinning the platters that matter, as we used to call it in my heyday on radio, DJ Zoe Ball was in da house at Radio 2 hosting her breakfast show when I popped in for a natter, 'Dicky darling!' she chirruped. Oh to wear a comfy **ju**mper and no make-up on GMB.

It must have been emotional...

It was an extraordinary finale to 16 days that we had never had the like before in our lives. The thought of walking in the footsteps of thousands of people... it was very hard to come down from at the end.

Lesley with her

fellow celebs on the pilgrimage

What did you learn from it?

One chap from Israel summed it up. He does a pilgrimage every year to remind himself about what truly matters in life – your health, food in your stomach, keeping your feet on the ground, stripping yourself of the accoutrements we rely on now. Pilgrimage: The Road to Rome, BBC2, from Friday 5 April

Rubble on the boulder holders! Cobbled together with the Corrie stars after the **Underworld roof** collapse. And that's not all: Dolly-Rose who plays Gemma addressed the rumours she is about to have quadruplets with Chesney, 'I don't know,' she teased. 'But I'm not sure how I'd cope with one never mind four!'



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Woman's Own COLUMNIST

The birds and the ees

et's talk about sex, as at the end of this week that's exactly what EastEnders star Danny Dyer will be doing on telly. With his 11-year-old daughter. Eek. I know the Dyer clan are straight-talking, but is nothing sacred? Not according to Channel 4, which launch its new series - Let's Talk About Sex - this Friday.

Danny and his youngest girl, Sunnie, are one of a handful of celeb parent-andchild pairs to take part in the programme. It ties in with sex education becoming

Children do need to learn the facts of life, but how much information is too much?'

mandatory in all secondary schools in England from September 2020. During the first show, Danny reveals to a clearly shocked Sunnie, 'I was having sex before I started puberty. With your mum.'

She says, '14? You had sex at 14? That's like me having sex at 14!' He replies, 'Well, that won't be happening.'

Losing his virginity is just the start of Danny's revelations though. He and Sunnie discuss puberty, breast implants, masturbation and childbirth.

Blimey, at 11 all I was interested in was my skateboard. Boys were just irritating

Distasteful comments

creatures to be beaten in races down the hill.

Obviously, kids grow up much faster these days and children do need to learn the facts of life, but just how much information is too much?

In an ideal world, sex education should be at home in a loving environment and Danny and his wife, Joanne, obviously have a handle on that. Their eldest daughter Dani, now 22, is one of the few Love Island contestants not to have sex on the show. A kiss was as far as she went.

And judging from the horrified looks on Sunnie's face on Let's Talk About

Sex, she'll be following in her older sister's modest footsteps. So maybe it is a cunning ploy by a canny Danny.

But, until then, Sunnie has to go to school and be teased about her dad even more than usual. Though, as he once said, 'I love my baby girl with all my heart. But I can't wait for her to whack that blazer on tomorrow and get back in that f**king school.'

Danny Dyer. Possibly the most honest dad ever.

Danny will tell his

Sunnie, about sex

in a new TV show!

11-year-old daughter,

bitter loss

Nestle has axed Tooty **Frooties** after 60 years, saying people

no longer like chewy sweets. Not sure I can cope. Still in mourning for Toffo.



at Piers go too far?

Home testing delay

Jo's Cervical Cancer Trust says bringing in DIY smear tests would save women's lives. The government agrees and says health authorities will introduce them this December. Why the delay? An incredible 5m women are currently 'overdue' for their smear, which you suspect means many of them won't bother at all. Home testing has already been proven to work in

Australia and Denmark. This needstobe brought in immediately, no debate.

...... Home testing could save lives

ctress and TV presenter Jameela Jamil has been having a right go at GMB's Piers Morgan over gender politics. In a series of foul-mouthed rants - and apologies for the language – she's branded him a 's**t stain' and a 'giant pile of 'w**k'. Not very dignified behaviour and resorting to disgusting insults instantly loses you any argument.

I wanted her to be better than that. Plus, why is it acceptable for a woman to say this about a man? If Piers had been so crude and hateful about her, he'd have, rightly,

been vilified as a sexist pig.

.....

What's your opinion?

Tell Dawn on Twitter @DawnNeesom

ШШ

Zesty goodness

Brighten blonde hair with Go Blonder Lemon Miracle Masque, £6.99, John Frieda



Personal touch

A star sign keyring is a great birthday present. £6, Oasis



Luscious locks

Transform your hair from weak to wonderful. Regenerated Nourishing Serum, £2.95, Dove



Bling thing

Jazz up a plain top with a bold necklace. £5.99, New Look



So chic

Wear this scarf around your neck, in your hair or on your bag. £9.99, Zara





Clear winner

Display your flowers with a luxe vase. £9, JD Williams



Say cheese

Display a happy memory or a fabulous photo of yourself! £6.99, New Look



Get set

Dust on to fix your foundation. Infaillible Magic Loose Powder, £8.99, L'Oréal



Instant update

Give your bathroom a fresh feel. Soap dispenser, £10, Matthew Williamson at Debenhams



Holiday ready

Been there, done that, now get the T-shirt. £6.50, sizes 8-22, **M&S**



Relax and recharge

What you need after a hard day. Westlab Recover Epsom Salts, £6.99, Westlabsalts.co.uk



Green dream

No need to worry about watering this artificial plant. £3, Primark



Look, no hands

Have your essentials within easy reach. Belt bag, £5, George at Asda



Plush cushion

A touch of pink to perk up your home instantly. £10, Matalan



And breathe...

Keep calm and relax. Total De-Stress Massage & Body Oil, £10, Tisserand at Next



A wardrobe staple that's ideal for the weekend. £8.99, sizes xs-xl, **H&M**



True blue

Try a new spring shade. Mavala Nail Color Cream in Jodhpur, £5.20, John Lewis & Partners



Bathing beauties

These towels look so good you won't want to use them! £6 each, Dunelm



Glam time

Style with an up-do to show them off. Earrings, £8, Mood by Jon Richard at Debenhams



Neat feet

Update your loafers for spring with a softer shade. £9. Peacocks



French fancy

Perfect your pout. French Kiss Tinted Lip Balm in Innocence, £10, Caudalie



Bold addition

So much cooler than a typical tumbler. £7. Oliver Bonas



So smooth

A nourishing body moisturiser is a must. Pink Grapefruit Body Yogurt, £8.50, The Body Shop



Tea's up

Treat yourself to a good cuppa and a bit of me-time.

£4, Peacocks

I ended up in hospital on my wedding night

When Ginny Weiss, 40, found herself starting married life in A&E, she knew something needed to change

nwrapping the final McDonald's burger in my car, I gobbled it down with the same ferocity as the three before. Then, wiping my mouth with a napkin, I hid the evidence in the brown paper bag in the footwell, before driving home.

Aged 17, this was my daily rebellion against the carefully calorie-controlled meal that awaited me at home. My grandmother, who brought me up, put me on my first diet at just two years old. Suddenly every morsel of food was carefully counted. I had a sturdy build as a child, but my grandmother would snap into action if she thought I was getting too big. For the next few years, my

diet consisted of vegetables, sugar-free jelly and lean meat. As I got older, though, I started to rebel by sneakily eating snacks when I was at school. I'd scoff pizza, burgers chocolate – whatever I could get my hands on.

Of course, binge eating in excess started to take its toll on my waistline. By 16, I weighed 23st – huge for my 5ft 2in frame. My grandmother would try to put me on more diets Ginny and Andrew on their wedding day in 2014

to fight the weight gain but it just pushed me toward bigger secret binges.

'Fatty!' the other kids at school would shout as I walked down the corridor. Their cruel jibes hurt and just sent me further into a spiral of emotional eating. By the time I left school and moved to college, my eating habits became even worse. I'd stop by a drive-thru on the way home, ordering three burgers, fries and

a milkshake in one go.

'l'd order

three

burgers

ın one go

I'd indulge in tubs of ice cream and takeaway pizzas, and snack on chips and chocolate. By the time I'd

turned 25 and was studying English at college, I weighed 28st. But after joining a few plus size online groups, my confidence seemed to peak. Away from the school bullies and with

the support of an online community I wasn't ashamed of my weight, far from it. In fact, when I decided to study in Spain for a semester in January 2006, despite having to book two seats on the plane, I just shrugged off the embarrassment.

In 2007, I met Andrew, then 30, online. He worked in IT and lived three hours away but we'd chat for hours. And he didn't seem to mind my size at all, although he looked quite slim. 'You have a gorgeous smile,' he told me.

BEFORE 42st 12lb

After seven months of

online chatting and phone calls, I plucked up the courage to ask to meet him. He agreed to drive three hours to come to a party with me and when we finally came face to face, we held each other for ages.

'You're even more beautiful in person,' he smiled. It was a perfect night and, despite the long distance between us,





we became a couple, visiting each other as often as we could. In October 2012, Andrew proposed. There was no doubt that I wanted to spend the rest of my life with him. 'Yes,' I beamed. By now I weighed 42st 12lb and, as I started planning a simple wedding ceremony and reception, I started dieting too and found a local yacht club that would be perfect. The only problem was finding a dress.

Having managed to lose some weight, I was down to 37st, but I was also suffering with lymphedema – an extreme swelling of the tissues in my legs. No shops stocked the size 32-plus I'd need. So, I ordered a custom-made one

on eBay. On the

sparked in my stomach,

making me feel queasy, but I dismissed it and focused on enjoying the day. As Andrew and I said our vows I couldn't imagine being happier. But after the ceremony I started burning up. Andrew ushered me to a chair at the reception and I forced a smile. But the pain built up in my stomach, and I could feel beads of sweat on my forehead. 'Would you mind if we called it a night?' I said to Andrew. But once we got to our

With her

baby boy

honeymoon suite, the evening I'd planned was ruined.

pressure was

'You're boiling,' Andrew exclaimed. I tried to shake off his concerns, but I was starting to feel shaky and faint. Grabbing the phone, Andrew called a taxi to take us to hospital. There, doctors found that my blood

dangerously low. I was diagnosed with sepsis, which had been caused by an infected cut on my leg, and doctors believed it had been exacerbated by the lymphedema. Over the next five days, while I should have been enjoying my honeymoon in Sydney, I was stuck in a hospital bed. Eventually I was discharged, but over the next few months, the lymphedema in my legs continued to flare up. For the first time, I realised that my size could kill me. I'd put off weight-loss surgery before, believing it was too dangerous, but I knew now that I needed help. So, after a lot of research and support from Andrew, in March 2015, I decided to have a gastric sleeve operation. During the three-hour surgery, part of my stomach was cut out to make it smaller. Initially, I was only able to eat a tablespoon of sugar-free jelly five times a day, but within a month I'd shed 2st 10lb.

Over the next two years, I continued losing weight quickly and by 2017 I'd lost an incredible 24st 5lb. That year, I gave birth to a little boy and, while I did put on a little weight, it wasn't much.

I currently weigh 18st 7lb, and though I still have a long way to go, I feel better than I ever have. I have so much more energy – walking up the stairs no longer leaves me gasping for breath and I can run around with my son in the park. I do have excess skin, especially on my thighs and stomach but I'm hoping I'll be able to have that removed in the future.

My wedding night wasn't the romantic evening I'd dreamed it would be, but it was the start of a wake-up call I needed to finally take action. I became a new woman after that night, and I'm determined never to return to my old ways.

GINNY'S DIET

BEFORE

BREAKFAST: Sausage, egg and cheese McMuffin, smoothie, fizzy drink and cinnamon roll

LUNCH: Roast beef and cheese sandwich, salad, cake, fizzy drink **DINNER:** Three loaded tacos, three enchiladas and a taco salad from Mexican fast food restaurant

AFTER

BREAKFAST: Scrambled eggs with kale and mushrooms

LUNCH: Salad with kale, avocado

and prawns

SNACKS: Cucumber, cheese, avocado

on high fibre bread

DINNER: Fish and cauliflower rice

Which celebrity nailed the latest look?







Fashion TRENDS

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Woman's Own



Holidays and Tours flying from an airport near you



Etna, Taormina & Classic Sicily

Combine a three-night stay beneath the towering cone of snow-capped Etna, with a four-night beachside stay close to Sicily's historic capital Palermo.

Tour Highlights & Inclusions

- Enjoy a three night stay in the foothills of towering Mount Etna
- Discover Europe's most celebrated active volcano
- Visit Syracuse, one of Ancient Greece's most important cities
- Spend a day exploring the Aeolian Islands of Lipari and Vulcano
- Four nights in the coastal town of Santa Flavia
- Explore Sicily's capital Palermo
- Enjoy hill-top Taormina
- Visit the monastery at Monreale
- Fully escorted by a friendly, experienced tour manager
- Seven nights' two centre four-star half-board hotel accommodation, return flights and transfers

8 days from E889 LOW DEPOSITS £99'

Istanbul, Ephesus & Troy

Soak up the colour and excitement of one of the world's most exciting, mystical, enthralling cities – the great former Imperial capital of the Byzantine and Ottoman empire.

Tour Highlights & Inclusions

- Discover colourful Istanbul, straddling two continents
- See the Blue Mosque and the famed Topkapi Palace
- Journey south via poignant ANZAC Cove
- Step back in time in ancient Troy and Pergamon
- Enjoy three nights in the beautiful, sun-kissed shore-side Kusadasi
- Be amazed at the ruins of Ephesus
- Discover amazing Pamukkale on an optional excursion
- Fully escorted by a friendly, experienced tour manager
- Seven nights' four-star bed and breakfast hotel accommodation, return flights and transfers

Flying from an airport near you, departs May to Oct 2019



Hidden Secrets of Northern Cyprus

Combine a three-night stay beneath the towering cone of snow-capped Etna, with a four-night beachside stay close to Palermo.

Tour Highlights & Inclusions

- · Enjoy seven nights in Kyrenia
- Explore Kyrenia's harbour and monumental castle
- Discover St Hilarion's 'fairy-tale' fortress and Idyllic Bellapais
 Visit fassinating divided Nicosi
- Visit fascinating, divided Nicosia and walled Famagusta
 'Ghost city' Varosha is a poignant
- reminder of the recent past

 Explore Salamis Roman ruins
- The Karpaz peninsula is unspoiled Northern Cyprus at its best
- Discover Güzelyurt and ancient Soli on an optional excursion
- Fully escorted by a friendly, experienced tour manager
- Seven nights' three-star halfboard hotel accommodation (upgrade hotel available), return flights and transfers

Flying from an airport near you, departs Apr to Oct 2019



Jerusalem, Galilee & The Holy Land

Begin in Tel Aviv then take in Roman Caesarea and port-city Haifa, then move inland to Acre, then on to Galilee.

Tour Highlights & Inclusions

- · Explore Tel Aviv, Jaffa and Haifa
- · Spend two nights at Tiberias
- Journey past ancient Jericho
- · Take the cable car to Masada
- 'Float' in the Dead Sea
- Explore historic Jerusalem
- Walk the 'Way of the Cross' and visit Gethsemane
- See the Western 'Wailing' Wall and Dome of the Rock
- Visit Bethlehem and the Church of the Nativity
- Spend time at Jerusalem's Yad Vashem Holocaust memorial and see the Dead Sea Scrolls
- Fully escorted by a friendly, experienced tour manager
- Seven nights' half-board hotel accommodation, return flights and transfers

Flying from an airport near you, departs Apr 2019 to May 2020

Flying from an airport near you, departs Apr 2019 to Oct 2020

Visit iwo.newmarketholidays.co.uk or call 0330 160 7856 quoting IWO



Smooth operator

John Frieda Frizz Ease **Miraculous Recovery Deep** Conditioner, £5.99, needs little introduction. The range is famed for banishing that pesky layer of fuzz, and this moisturising mask is no exception. Use once a week to keep that bugbear at bay.



Frizz buster

Toni & Guy Smooth Definition Mask, £6.49, is aimed at controlling frizz and giving a silky finish. With a high dose of keratin, it's ideal for coarse and thick hair. Leave on for five minutes before rinsing out, then say hello to your super-soft 'do!



The good all-rounder

Garnier Ultimate Blends The Yoghurt Hair Mask, £4.99, is 98% natural and uses the nourishing powers of almond milk and agave sap to revitalise hair. It gets rid of impurities and product build-up, while also replenishing locks with a hit of moisture. Every box ticked!



Great for fine hair

Lee Stafford Cactus Crush Mucho Moisture Mask, £8.99, is

full to the brim with antioxidants and vitamins, all aimed at repairing your tresses. Its light consistency is perfect if you have fine hair and are worried about a mask weighing it down.



Self-heating

Starskin Coco-Nuts Hot Oil Hair Mask,

£8.50, takes at-home treatments to the next level. Virgin coconut oil is proven to be one of the only natural ingredients to be able to strengthen the hair shaft

from within. Apply the warming oil before popping on the cap to lock in the benefits.

WILD THISTLE

REPAIRING NATURAL HAIR MASK



Che Court Strongson

All natural

Noughty To The Rescue Hair Mask, £8.99, is 97% natural and packed with hydrating ingredients, such as sweet almond and black oat extracts. This is the ultimate remedy for over-treated tresses.



Full of botanicals

Alladale Repairing Natural Hair Mask, £7.99, is a real discovery, and one that your friends will thank you for when you recommend it. With extracts of wild thistle and organic Siberian cedar, this mask is the new must-have for strengthening and conditioning tired locks.



EJ/ES In5 steps

Now you can fake a great night's sleep with our best ever beauty buys

1 Perfect your bedtime routine

Sleep is so important for skin. It gives our cells the chance to rest, regenerate and recuperate from the day. That's why it's vital to optimise this time with lotions and potions that support the skin's natural renewal process. Pre-bedtime, it's best to use a retinol eye cream targeted towards

crow's feet and wrinkles. La Roche-Posay Redermic R Retinol Eye Cream,

£25.50, gives a smoother, fresher appearance over time. Cleanse skin then smooth from the inner corner of the eye outwards. Always apply eye cream before face cream – skincare should go on lightest consistency to heaviest. Prop yourself up on an extra pillow at night to minimise fluid pooling underneath the eye and prevent puffiness come morning, and switch to a silk pillowcase. It sounds indulgent, but silk helps skin hang on to its natural moisture, meaning less wrinkles, while cotton draws it away. We love SpaSilk

Pure Silk Facial Beauty Pillowcase, £26.04, amazon.co.uk

smooth and conceal.

Apply a grain-of-rice-sized amount of cream for each eye. The skin around your eyes is up to 10 times thinner than the rest of your face so overloading the area can actually cause puffiness come morning.



2 Erase dark circles

As we age, our skin becomes thinner so it's easier to spot the dilated veins under our eyes, which show up as dark circles. Stress, lack of sleep, allergies and diet can all cause under-eye veins to swell. If you can't alleviate

these external aggravators, look at thickening the skin instead. Vitamin C is a heroic brightening ingredient and helps build collagen so skin is less transparent. Try Ole Henriksen Banana Bright Eye Crème, £30. Nivea has just souped up its cult

Q10 offering with 10 times more wrinkle-busting Creatine than previous formulas. The Q10 Power Eye Cream, £10.99,

OLEHENRIKSEN TRUTH
Banana Bright Eye Crème
Vitamin C le collagen-boosted

3 Chill puffiness

Keep a couple of spoons in the fridge overnight. If you've woken up with puffy, swollen eyes, hold these on the eyes for 30 seconds for instant relief. Massage can also

Yu Ling Jade Facial Roller, £12, cultbeauty. co.uk, to trace around the eye three times to boost circulation and drain toxins. For a quick, temporary solution, try My Perfect Eyes, £29.99, Lloyds Pharmacy. It works in less than a minute, shrinking puffiness, smoothing wrinkles and erasing dark circles for up to 10 hours. Apply a dot of cream under each eye and sweep from the inner corner out towards crow's feet. This creates an invisible web over skin to tighten.



my pe

my perfect ismetics compar

WORDS: STEPHANIE MAYLOR. PHOTO

to help soften

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BROWN

ONE PALETTE = 8 HOURS' SLEEP

Swap your gazillion eyeshadows for one does-it-all palette, like **Urban** Decay Naked Reloaded, £38, **Debenhams.** Urban Decay's Global Make-up Artist, Danielle Roberts, explains how to create a bright-eyed look that suits everyone.

* Sweep the shade 'Bribe' all over the lid and extend up to the brow bone for a satin base.

* Apply the shade 'Retro' in the crease and sweep outwards to extend the eye into a more exaggerated almond shape.

* Spritz an eyeshadow brush with setting spray and use to apply the shade 'Angel Fire' all over the lid.

* Taking an eyeliner brush, apply 'End Game' tightly against the top lashes to create a smoky liner effect. Extend this shade out and up into the crease, then blend.

4 Conceal like a pro

You can always rely on make-up to replace the look of fatigue with brightness and radiance. Mask the blue-purple tint of prominent circles with a pink or peach-toned neutraliser, like **Bobbi Brown**

Corrector, £19.50. Apply to the inner close to the lash line as possible and blend with your fingers. Follow

BOBBI

with a light, creamy

L'Oréal Paris **Infallible More** Than Concealer, **£9.99**, and **BareMinerals Bareskin Complete**

Coverage Serum Concealer, £23, are our favourites.

III.....

5 Wake up with make-up

The speediest way to fake eight hours' sleep is to line the waterline with a flesh-coloured kohl pencil — ${f Barry\ M}$ Kohl Pencil in Nude, £2.99, makes eyes look bigger and brighter – followed by a quick lash crimp and a layer of mascara on the top lashes only so you don't draw attention to the under eye. Maybelline Snapscara, £7.99, delivers inky, glossy black lashes in a non-smudgy, non-flaky formula so you won't find dark flecks under your eye by lunchtime.

KOHL PENCIL

MASCARA

Thank you for everuthing

A special nurse helped Clara Markiewicz when she needed it most, and inspired her

nwrapping my cheese sandwich, I hungrily devoured it. It was January 2017 and my third 12-hour shift on my first placement as a student nurse at **Southampton General Hospital.**

I was just in the middle of chatting to a colleague when a senior nurse entered the canteen. I noticed nurses and doctors all say hello as she greeted them, making her way around the room. It was easy to see she was well liked and respected, but as she made her way along the tables, I gasped. There was no mistaking her blue eyes – we'd met before.

'It can't be,' I thought, leaning forward to squint at her name badge, but then she caught my eye.

'I know you, don't I?' she said, flashing the same kind smile I recognised.

'I can't believe it's you, Kate,' I exclaimed, hugging her. Despite it being 16 years since I'd last seen her, it felt like no time had passed.

I was only four years old, in June 2001, when I first met Kate Pye, then 28.

Kate was the children's cancer ward manager at The Royal London Hospital and,

all I had really understood back then was that I was very sick.

My mum, Ingrid, 43, and my dad, Chris, 44, had found bruises on my body, and I remembered arriving at hospital in my

were inserted in my sore skin, my hair fell out in clumps, and I had mouth ulcers so painful that I struggled to drink water.

Thankfully, Kate and the other nurses had given me reason to smile.

Despite being so young, I remembered liking her blonde hair and shiny shoes, and the way she and her team of nurses made being in hospital feel like an adventure. Encouraging me to steal a doctor's shoes when they left them outside the isolation ward or hiding under the bed covers watching *Charlotte's Web*.

> We would also dance down the corridor to the latest pop tunes on the radio.

'I felt so safe with Kate and the other nurses'

So comforting

Yes, I hated the injections, uncomfortable tubes and rubbery food, but every day,

thanks to nurses like Kate, I'd feel happy.

Only, although they all tried hard to hide the reality of where I was, I knew it wasn't always a happy place.

I'd often spend a day or two with a little girl or boy then never see them again.

> 'What happened to him?' I asked Kate one day, when my latest playmate wasn't in bed that morning.

> > It was a tough question that, of course, Kate had been trained to answer. 'I'm afraid

it's very sad, Clara, but he's died,' she replied calmly, pulling me onto her knee.

'Will I die?' I asked.

'No-one

knows what will happen,' she said. 'But we're here to look after you, so you have nothing to be afraid of.' I remember that conversation as though it was yesterday.

On the road

to recovery

But, I felt so safe with Kate and the other nurses. I idolised them, too and wanted to be just like them.

Then, in December 2001, after six months in hospital, my mum told me the cancer was gone – which I now know means I was in remission – and doctors said I could go home.

There was a strong chance my cancer could return, so I had to be monitored





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'We treated Clara in 2001 and the unit closed in 2003 as the children cancer services were transferred to other places. I was amazed to see Clara so many years later. It was lovely. Although I was standing in front of a 20-year-old student nurse, I could still see the four-year-old I had helped care for. We liked to dance together on the ward and I remember Clara was a lovely little girl. She had been really brave and has been

> through so much. She's moved around, travelled and I've done the same, so it's amazing to meet again. l'm sure she'll be a brilliant nurse.'

> > The smell of disinfectant and beeping from the machines transported me back to my time as a patient. Determined, I took a deep breath and walked over to

a little boy who was upset about having a tube in his chest so doctors could administer chemotherapy.

He'd clearly been in hospital a while, as I noticed he had several scars already.

'I don't want it,' he cried.

Pulling my uniform collar down, I showed him a similar scar on my neck where I'd had the same tube. 'But you'll match me,' I encouraged.

'OK,' he said, flashing me a smile. It might seem small, but that moment highlighted exactly why I wanted to be a nurse.

Emotional reunion

And so, here I was, three shifts into my placement staring at Kate – my inspiration.

'I never heard what happened to you, I went on maternity leave and then the ward relocated,' Kate gasped.

'I'm here because of you,' I replied, choked with emotion. 'Ever since I was ill, I always wanted to be a nurse.'

Afterwards, Kate would pass by the wards in the morning and check how I was doing.

Having her presence around was such a comfort and now I can't wait to graduate as a fully qualified nurse in September 2019.

It's a privilege to work alongside the woman that helped me beat cancer and inspired me to become a nurse.

That's the sort of legacy I hope I can leave behind.



...... Smiling through her treatment

alongside

carefully at fortnightly check-ups. I can't begin to imagine how terrified Mum and Dad were.

Kate and the nurses threw me a leaving party with crisps, sweets and a Winnie-the-Pooh cake.

Mum told me that when I got home, I cried, wanting to go back to the ward. privilege to work

In time, I got used to being around old friends again.

'You look like an alien!' giggled one friend at my playgroup, seeing my spiky hair.

I remember laughing too, as Kate had taught me that it was cool to look different. And,

even though I'd be prodded and poked, I looked forward to my check-ups.

Only, at hospital in January 2002, at a routine check-up, I couldn't see Kate.

'She's having a baby,' smiled another nurse, prepping my arm for a blood test.

As time went on, although I never forgot Kate and the nursing team, I didn't want to be known as the girl who had leukaemia.

I was 10 years old when doctors gave me the all clear. Overwhelmed with relief, that night, my parents got a box down from the loft. Reaching inside, Mum pulled out a lock of my hair, some cards and photos from my time in hospital.

I gasped when I saw the photos of me

so skinny and pale, realising how close I'd come to dying.

Clara and

Kate today

I had vivid memories of the events – me grinning as I played on a hobby horse, and another of me and Kate dancing in the corridor.

Despite all I had been going through, I had dozens of happy memories.

That's when I realised I still

wanted to be just like Kate – I wanted to become a nurse. So, reaching 18, after finishing college and completing a gap year providing aid work in Calais, Lebanon and Greece, I began a degree in Children's Nursing at the University of Southampton.

In January 2017, as I walked into Southampton Children's Hospital for my on-the-job placement, my heart pounded.

Online bingo has been a favourite pastime in the UK for a long time now -here are some of the reasons why



IT'S A FUN THING TO DO... Eyes-down, online bingo is all about having fun! Our players enjoy the variety of games on Woman's Own Bingo, which offers entertaining experiences they share with fellow players. More and more women join the fun every day.

...AND SO EASY It is very simple to get started and once a bingo game begins, your auto dabber automatically marks off your numbers for you – this way you will never miss a number or accidentally lose a game. Cosy up for a relaxed round of online bingo!

MAKE FRIENDS IN THE CHATROOMS

Woman's Own Bingo offers a lively social environment. You can talk with other members all over the UK, share stories or have a laugh while you wait for your numbers to be called. Simply type your comments in the box next to the game.

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Play £10 on any Woman's Own Bingo games and get 200 FREE BINGO TICKETS worth £50*!

*Rules: 18+, UK only. New members only. Registration and opt in required. Minimum £10 deposit and wager. Bingo game restrictions apply – £50 value on 25p tickets. 30-day expiry from deposit. Offer in this issue ends 8 April 2019. See full Rules at womansown-bingo.co.uk. Woman's Own Bingo is part of the Jackpotjoy.com network. For 24-hour support, freephone BeGambleAware.org (18+ 0800 458 0770. Please play responsibly.

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Long-haul travel causing problems

> I had a blood clot in my leg a few years ago due to being sedentary on a long-haul flight. I have a similar flight booked and am anxious it comes back.

Anyone planning a flight of more than six hours should drink plenty of water during it, as well as perform regular leg exercises, such as drawing circles in the air with your feet to encourage circulation, and take regular walks around the plane. I would also advise wearing compression stockings, but, above all, you must talk to your GP before you travel. He may advise you to take a junior aspirin before flying.

Why isn't my arm healing better?

I had breast cancer in my right breast last year. I needed surgery and several rounds of radiotherapy. My consultants are pleased with the results, but I have a lot of swelling in my right arm and, as this is my dominant arm, it's really affecting my day-to-day routine. Can anything be

done to help reduce this?

It sounds like you have developed lymphedema in your arm, which is not uncommon following radiotherapy. Options include using compression bandages and doing exercises for the muscles in the affected arm to improve lymph drainage. Special massage techniques available through a lymphedema clinic can help, so ask your GP for a referral.

High blood sugar can increase your chances **Afraid** O ASK? of developing thrush

ALTERNATIVE **THRUSH TREATMENT NEEDED!**

I HAD THRUSH **FOR THE FIRST** TIME AT THE AGE OF 46. IT WAS TREATED EASILY **WITH A PESSARY** AND SOME CREAM. **BUT I'VE HAD** ATTACKS EVERY **FEW WEEKS SINCE,** WHICH IS REALLY

GETTING ME COSTING A LOT)!

A Your GP will probably want to do some swabs to check this is thrush and also check you out for diabetes as high sugar levels can also increase your chances of developing it. In the

first instance, this will involve dip testing your urine for sugar. We also sometimes need to give women an antifungal to take once a week for four weeks and suggest that your partner takes one during that period too.

Diabetes meds give me awful side-effects

I've recently been diagnosed with type 2 diabetes. I was trying to manage this with diet and lifestyle changes, but at my recent review I was started on a drug called metformin. My blood sugars are much better, but I've developed a lot of tummy pain and diarrhoea, which, having read the patient information leaflet, I think may be due to my medication. Should I stop it?

No, don't stop the medication without speaking to your GP or diabetic nurse. It's clearly doing a good job, and keeping your glucose level normal helps prevent the complications of diabetes developing. Try taking your regular medication after a meal, and persevere – as these symptoms don't usually last long.



Ask the

Doctor Dawn Harper answers all your questions...







Contact Dr Dawn

Send your questions to drdawn@ti-media.com Follow her on Twitter @DrDawnHarper or drdawn.com

Good

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Mum-of-two **Anita Naik** has been an agony aunt for 25 years.



but also quite a cold fish. Three months ago she gave birth to my first New parents grandchild, who I adore, often need but my attempts to get some space closer have been shut down. I live 10 minutes away so I'd love to drop round to give my granddaughter a cuddle, or feed her or take her out, but my son says his wife doesn't like this. I have to wait to see the baby once a week and on their terms, which is hard. Why won't she let me be closer? Coleen, 60, Kent

Being a mother for the first time is hard, and although you mean well, you need to give your daughter-in-law time to find her feet. Dropping over daily whenever you desire isn't something a lot of people would want, especially if they are more

reserved in nature. Try to see things from your daughter-in-law's point of view. As you say, she is welcoming, and you do see the baby weekly. She's not shutting you out - she's simply saying what she needs right now.

relationship

Sex was better with my ex

My relationship with my ex broke down over issues of commitment and having kids. I've been with a new man for a year, and he wants what I want, but our sex life isn't great as I don't fancy him. I know my ex wants to be with me again sexually, I'd like this, but nothing has changed for him. I feel like I have to choose between what I want and what I enjoy. Liz. 38

The truth is, neither of these men are right for you. One doesn't share your relationship goals, and you're not attracted to the other. The choice as it stands is to choose zero attraction and full commitment, or hot sex and no commitment. But there is one more choice – you walk away from both of them and find a partner who ticks all your boxes.

Five years ago, my husband

took redundancy just as our last child left home. We talk and get on well, but really we have nothing in common. I like going out, he doesn't. I like cinema and reading, he doesn't. All he likes is sport. We're becoming like strangers. What can we do? Jane, 59, Hampshire

We have nothing

in common

talk about it, as you do need some common ground. Shared interests are a good place to start. Why not agree to both try something together? It could be going to the gym, a cooking class, a language or ballroom dancing. It doesn't need to be perfect – it's the act of doing it together that will help you find the common ground.

The first thing is to

3 ways to...

help your anxious teen

HELP THEM LUNDERSTAND how high levels of anxiety affect the body and mind – this can reassure them that they will be OK in the long term. There's useful information at nhs.uk/moodzone

UNDERSTAND **CATASTROPHISE**

Anxious teens sometimes learn to choose the worst possible outcome, because it allows for the greatest sense of relief when they are reassured by you.



3 TRY THE MISHIFT APP TRY THE MIND

It can help you take charge and change your thought patterns.

1111111

Contact Anita

Send your questions to askanita@ti-media.com, follow her on Twitter @AnitaNaik, or go to anitanaik.com

How to...

manage asthma symptoms

LloydsPharmacy pharmacist Pareena Patel shares her advice

larry your inhaler

'Inhalers protect the airways to reduce the chances of asthma symptoms appearing. Carry your reliever inhaler at all times, regularly take your preventer inhaler as instructed by your doctor, make sure your asthma action plan is up-to-date, and attend your regular asthma reviews.'

2 Buy a dehumidifier

'A great investment for asthma sufferers as they help to remove allergens such as

adults in the UK (one in 12) are currently receiving treatment for asthma, says Asthma UK

> mould, mildew and dust mites from the environment by reducing humidity levels in the air. To prevent mould, maintain

3 Avoid cold air

'Keep an eye on the weather forecast to pre-empt days that may be particularly damp. Sometimes a quick change in temperature, like stepping from a centrally heated home on to a colder street, can be a trigger, so cover your nose to warm up the air before it enters your lungs.'

a humidity level of around 50%.'



Ben & Jerry's **Moo-phoria Chocolate** Cookies & Cream (RRP £6,

supermarkets)

WHY? At just 129 cals per 100ml, it's the ultimate guilt-free treat.

of over 50s say they feel fit for their age. Just 22% of under 50s say the same*.

Have you heard about?



Vaping could be harming your health

E-cigarettes may be linked to fatal blood clots, according to the American Heart Association. Of 400,000 people surveyed, those who vaped (nearly 66,795) had a 71% higher risk of stroke, a 59% higher risk of having a heart attack or angina and a 40% greater risk of developing heart disease.

worked for me

Kay Heald, 50, from **Shropshire**

'Over the past few years I've suffered from painful Raynaud's phenomenon, where the temperature and stress cause my



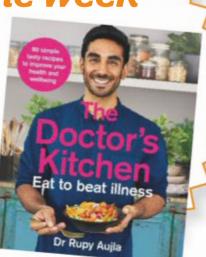
day – its the consistency of warmth that helps. I couldn't recommend

them more!'





Book the week



Health

Inhalers help

usual ice

BEN & JERRY'S

cream

to keep asthma symptoms at bay

Swap this

WHAT YOU NEED TO KNOW ABOUT THE...

New test for bowel cancer

With a new home kit being sent out soon, it's essential you don't bin your chance of an early diagnosis

owel cancer is the fourth most common cancer in the UK - one in 18 women are diagnosed during their lifetime. So it's no wonder the NHS has invested heavily in research and issued around 30 million home-testing kits since 2006, designed to identify hidden blood in stools. But, despite the benefits of early diagnosis, an estimated 11 million kits (which cost the NHS around £5 each) are binned or left unused.

'There are a number of reasons why some people choose not to take the test,' says Lauren

Wiggins, director of services at Bowel Cancer UK. 'Some of the most common reasons we hear include that it's too messy, too complicated or that people don't understand it.'

Yet a new home-screening test being rolled out later this year is set to end those excuses. Here's how...

Did you know?

Someone in the UK is diagnosed with bowel cancer every 15 minutes.

The current tests

- * FOBT (FAECAL OCCULT BLOOD TEST) This is the home test the new one will replace. Stool samples are smeared on to card.
- * BOWEL SCOPE SCREENING A one-off test for people aged 55. A flexible camera is used to look inside the bowel. If you live in an area where the test is available, you'll be sent an invitation.
- * GENETIC SCREENING 'The chance of bowel cancer goes up if

there's a strong family history, especially if they were young when diagnosed,' says Mr Lee Dvorkin, consultant colorectal surgeon at BMI Hospitals. 'If this is you, you could be offered genetic screening to predict future risk.'

easier to treat If you're at all worried about symptoms, you

should see your GP

Early detection of the

disease can make it



FIT stands for faecal immunochemical test. 'FOBT asks you to put three poo samples on to a card over 14 days (10 days in NI). FIT asks for one sample in a test tube. 'The test has a stick attached to the lid, which you use to take a small sample then place back into the tube,'

says Lauren. 'You'll be given a Freepost envelope to send the test back to the screening centre and will get the results in about two weeks.'



'Unlike the FOBT screening test, FIT measures the amount of blood in a small amount of poo,' says Lauren. 'The sensitivity of the test enables it to detect very small traces of blood and so identify more cancers earlier.'





It happened to me

Joy Dansette, in her 60s, from Oxfordshire

'I was busy working full-time as a secondary school teacher. I went to the gym and swimming four times a week. I was healthy – or so I thought – although always quite tired at the end of the day.

'When I turned 60 the NHS screening kit came through the post. I thought it was pointless to complete it, so I left it for two weeks. However, while off work I decided to take the test. I was sent a letter asking me to go for a colonoscopy, a camera test to look inside my bowel. During the procedure, on reflection I noticed that they moved the screen away from my view. In the recovery room while drinking tea, the nurse asked if I could get my husband to come in as well. The consultant said they'd found a large tumour in my bowel and they'd need to operate. I had a major operation followed by 13 sessions of chemotherapy.

'It's been a very difficult time, but my most recent scan showed no evidence of the disease. If it hadn't have been for the screening test I wouldn't be here. So I'd urge anyone who receives it to take part, even if you feel well. It really could be a life-saver.'



Which test will you get and when?

In England and Wales, you'll be sent your first kit at 60 (although the Government has agreed to reduce this to 50 in the future), then every two vears until the age of 75. The FIT test will replace the FOBT test, but experts warn the roll out will be slow. In Scotland the age range is 50-74 for screening, and the FIT test is already in use. In Northern Ireland you'll be screened from 60-74 with the FOBT test.

No matter what type of test you receive, you should always take it. 'Screening reduces the risk of dying from bowel cancer by 16%,' says Mr Dvorkin.

What if I'm sent the 'old' version?

If you are registered with a GP and within the screening age range, a test will be automatically posted to you. 'You can't request a FIT test, however be assured that the current screening test is still very effective,' says Lauren. If you lose or damage your kit, you can ask for another by phoning the national bowel cancer screening helpline on 0800 707 6060.

Don't ignore symptoms

Whether you've taken a test or not, with the majority of bowel cancer cases developing from tiny growths in the bowel (polyps), it's essential to see your GP as soon as you notice any of the below that persist for more than two weeks. * Rectal bleeding. Blood may be mixed with the stools * A persistent and unexplained change in bowel habit * Abdominal bloating or discomfort * Weight loss * Tiredness and lethargy. For more info about bowel cancer screening, go to bowelcanceruk.org.uk

Boost your file of the seven and the seven are the seven a

Around 90% of us aren't hitting our recommended 30g of fibre a day. Here's how to up your intake and feel great

hanks to carbohydrates receiving bad press in recent years, our fibre consumption has fallen by the wayside. According to Public Health England, just 4% of women meet the daily government-recommended target of 30g, putting the rest of us at an increased risk of a whole roster of health issues. 'Low-fibre diets have been associated with inflammatory bowel conditions such as diverticular disease,' warns nutritional therapist Natalie Lamb. What's more, they've also been linked to a greater risk of heart disease, stroke, type 2 diabetes and colorectal cancer. So how can we improve our intake? Here, the experts share their tips.



'The part of carbohydrate-rich foods indigestible by our digestive enzymes is described as dietary fibre,' explains Natalie. 'It's found naturally in all fruit, and vegetables, as well as in the cell walls of wholegrains such as oats, beans, nuts and seeds.' Eating a diet high in fibre aids healthy bowel movements by adding bulk to stools, but it also feeds the good bacteria in your colon and keeps you feeling full after eating.

Oats are a great

source of fibre

Is all fibre created equal?

No – there are two different types of fibre found in food: soluble and insoluble,

says dietician Ro Huntriss.

'Soluble fibre – found in fruit, vegetables, oats and pulses – attracts water and turns into a gel-like substance during digestion. It can slow down the emptying of the stomach, making us feel fuller. It's also

been shown to help stabilise blood pressure and blood-sugar levels.'

Meanwhile, 'Insoluble fibre adds bulk to the stool and helps it move through the bowel,' says Terri-Ann Nunns, founder of the Terri-Ann 123 Diet Plan. 'It also helps us to feel full and keeps the bowel healthy.' Insoluble fibre can be found in wholegrain breads and cereals, nuts, seeds, fruit and vegetables.



add

What does 30g of fibre look like?

It doesn't have to be hard to hit your daily recommended fibre, says dietitian Hala El-Shafie. 'Choose wholegrain breads, pastas and rice or make a few almonds your go-to snack.'

- BREAKFAST: 2 slices of wholemeal toast (4g) with 1 banana (1.4g)
- = 5g fibre
- MID-MORNINGSNACK: A handful (28g)
- of almonds = **4g fibre**
- LUNCH: Baked potato with the skin (3g) and a 200g serving of baked beans (10g)
- = 13g fibre
- AFTERNOON
- **SNACK:** Apple with the skin
- = 4g fibre
- DINNER: Chilli con carne (6g) with a 125g serving of wholegrain rice (3g) = 9g fibre
- TOTAL: 35g

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Your seven-day plan

Here's how to help make sure you get the right amount

MONDAY

Start off slowly

Rachael Eden, dietitian at Bupa UK warns that if you need to up your intake, it's best to do it gradually, to allow your gut to adjust. Increasing it too quickly may cause symptoms such as bloating and gas. It's a good idea to make sure you're drinking enough fluids to help with digestion, as fibre absorbs liquid.

TUESDAY Stoke up at breakfast

'Eating porridge made from rolled oats, or a muesli mix, with 1tbsp of flaxseeds and a piece of fruit, you can easily consume 15g dietary fibre first thing,' says Natalie. Try **Linwoods Milled** Organic Flaxseed, £4.99 for 425g, **Holland & Barrett.**



WEDNESDAY

Leave skins on

Eating potato skins and raw or lightly steamed veg will bump up your fibre, advises Natalie. If you're concerned about pesticides lingering in the skins, try growing your own. Alternatively, soak them in a 10% salt water solution for 20 mins. Studies show this helps to remove most of the pesticides.



THURSDAY Check the label

Wholegrain and wholewheat options are a great source of fibre, says Rachael. 'Foods with a high amount of oats or bran are good to watch out for, but the best thing to do is to look at the label,' she advises. 'Food can be classified as high fibre if the product contains at least 6g of fibre per 100g.'

Fibre favourites

 A quick and easy way to get a third of your daily intake, with 11g per bowl - the equivalent of five slices of wholemeal toast!





 Genius' breads are gluten-free and contain more fibre than the top-selling UK wheat breads.



Love crisps? **Hippeas** contain 1.7g of fibre to help you on the way to your daily intake.

Hippeas Organic Chickpea Puffs, 99p, Sainsbury's

FRIDAY

Increase your fruit and veg

Include plenty of veg with meals, either as a salad or in sauces. You can also add pulses to increase fibre, says Matt Perkins, Senior Wellbeing Manager and **Qualified Nutritionist** for Kellogg's. 'For snacks, try fruit, veg sticks, rye crackers, oatcakes, unsalted nuts or seeds,' he advises.

SATURDAY

Try taking a supplement

Lepicol (£11.19, Boots) is a multi-fibre product with psyllium husk for healthy bowel function, five probiotic strains to help rebalance gut microflora, and inulin to boost good bacteria. Plus, it has none of the harmful effects of laxatives,

says Natalie.

SUNDAY

Look out for beta glucan

Boosting beta glucan soluble fibre can also support a healthy heart, says nutritional therapist Dr Marilyn Glenville. 'Beta glucan is good for heart health because it binds with cholesterol from food and helps to excrete it.' Find it in oats, wholegrains, bran and barley to regulate cholesterol levels.

Desperate to look merte.

The number of women – and men – going under the knife in a bid for the ideal body is rising, but what happens when it goes wrong?

hanks to surgery-obsessed celebrities posting images of their cosmetically enhanced features on social media, the demand for a variety of procedures – from Botox and lip fillers to liposuction and bum lifts – has dramatically risen. But so, too, has the number of procedures that have gone wrong. In fact, the number of people having problems during or following surgery rose from 378 in 2016 to 931 in 2017.

Many experts believe this is largely because cosmetic surgery in the UK is still unregulated, with 83% of procedures being carried out by non-medics.

Out of the estimated 28,315 people who went under the knife in the UK in 2017, hundreds were left with unwanted lumps, bumps, scars and swellings. We investigate...

It's a fact

Despite causing death in one in 3,000 cases, the number of people having Brazilian bum lifts has doubled in the last five years. The procedure is thought to have been made popular thanks to the rise of big-bottomed celebrities like Kim Kardashian.

A BOTOX PARTY ENDED IN TEARS

Inspecting her lips in the bathroom mirror, Rachael Knappier, 29, from Leicestershire, looked on helplessly as they began to swell up so badly her top lip had started to touch the tip of her nose.

Panic-stricken, she posted a photo of herself on social media, begging for some quick advice.

She was told to go immediately to hospital.

Earlier that day, in August 2018,

Rachael had shouted out in pain, when she had had the filler injected by a beautician at a friend's 'Botox party'.

But later, she couldn't feel her lips as they quickly began to swell and expand more than five times their normal size.

She called the beautician on FaceTime who gasped, and covered her mouth in shock, as she urged Rachael to go straight to hospital.

Rachael rushed to A&E, but was told that unless her life was in danger, the NHS couldn't help. So she was forced to pay to go privately, where a clinic in



'I wouldn't wish

this on my worst enemy'

London dissolved the filler.

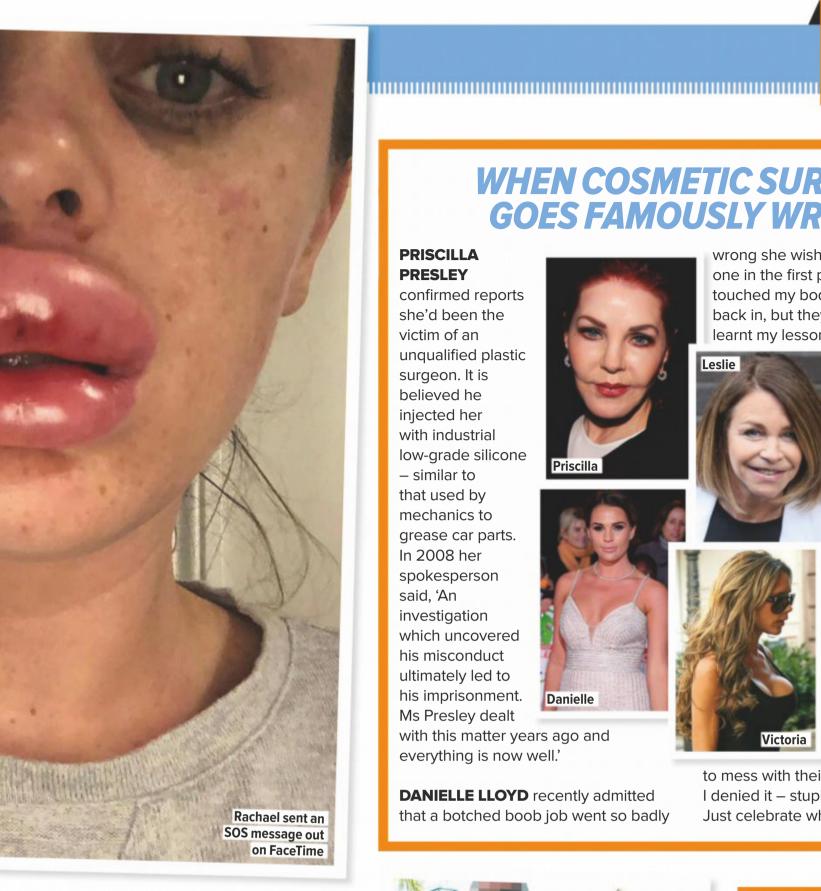
A week later, her lips returned to

normal but Rachael said she was left completely traumatised.

'I would not wish this to happen to my worst enemy,' she said.

The dermal fillers had been accidentally injected into an artery.

She has since started a petition calling for aesthetic medical treatments only to be performed by doctors, nurses and dentists.



WHEN COSMETIC SURGERY **GOES FAMOUSLY WRONG**

PRISCILLA PRESLEY

confirmed reports she'd been the victim of an unqualified plastic surgeon. It is believed he injected her with industrial low-grade silicone similar to that used by mechanics to grease car parts. In 2008 her spokesperson said, 'An investigation which uncovered his misconduct ultimately led to his imprisonment. Ms Preslev dealt

with this matter years ago and

DANIELLE LLOYD recently admitted

that a botched boob job went so badly

everything is now well.'

Priscilla

wrong she wished she'd never had one in the first place. 'I wish I'd never touched my body. I've had implants put back in, but they're still not right. I've learnt my lesson now.' Leslie



LESLIE ASH had collagen implants in 2002 to enhance her lips but they went wrong. Speaking about the botched procedure she said, 'Unbeknown to me they used an industrial filler which got mixed up with my muscle. Those are the complications that can happen.'

VICTORIA BECKHAM revealed her regret

over having a boob job, warning others not

to mess with their body. 'All those years I denied it – stupid. A sign of insecurity. Just celebrate what you've got,' she said.

Victoria

A TRAGIC LOSS **OF LIFE**

A mum-of-three who felt self-conscious about her 'mum tum' paid the ultimate price in her pursuit of a slimmer waist and pert bottom.

Despite her fiancé, Scott Franks, 31, telling her she was beautiful, Leah Cambridge, 29, from Leeds, travelled to the Turkish city of Izmir, for a Brazilian bum lift, in August 2018. The procedure, which costs up to £5,000, reshapes the buttocks by transferring fat from the waist or other areas of the body.

But during the operation, the young mum suffered three heart attacks after fat entered her bloodstream.

Doctors at the cosmetic surgery clinic, Elite Aftercare – which warns on its website that 'surgery should not be taken lightly as there are risks in all procedures' - managed to stabilise Leah, but then her condition deteriorated and she tragically died on the



operating table from a fat clot. 'I just wish this

was a bad dream,' said Scott. 'Two days ago, I was happy. Now I'm a broken man.'

Friends and family of Leah described her death as 'a tragic loss of life' and urged other women to think twice before having potentially dangerous surgery.

THE EXPERT **OPINION**

Dr Mary O'Brien, Vice President at The British Association of **Aesthetic Plastic Surgeons** (BAAPS), says:

'There are significant physical and psychological benefits from aesthetic surgery, provided it is undertaken after careful counselling and consideration at the right time, by the right surgeon, for the right patient with realistic expectations.

The emphasis is on safely carrying out the right procedure and proactively taking steps to minimise any risk.'

For more advice on cosmetic surgery, visit baaps.org.uk

ueen Bargains



Our expert Rebecca Gamble saves you some serious cash

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Save spend shop



IF YOU DO ONE THING THIS **WEEK... INSURE YOUR** 'CASH IN THE ATTIC'

From antique jewellery to old watches, nearly two-fifths of Brits have items they've put away believing they'll rise in value, according to research by topcashback.co.uk.

But, despite the study finding people claim these valuables are worth an average of £9,541, nearly half of them don't have the items insured!

So check your policy – if your items aren't covered, ask your home insurer to add them on.

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How to...

declutter your finances

Getting rid of stuff we no longer need and streamlining our homes is in vogue. So take a look at your wallet, too

Thanks to tidiness guru Marie Kondo, you can apply the same principles to your money.

1 First steps

A key rule of Marie's method is dealing with paperwork – not letting it build into piles - and getting rid of what you don't need. This can also make you more organised with money.

Go through your bills, marking when they're due on a calendar. Also note significant dates like your car insurance renewal so you have time to find the cheapest deal.

Put any paperwork you need to act on in one place, and file away anything that you ought to keep hold of. If you've got old bills that you no longer need, recycle them, shredding first. To reduce future waste – and save you time in the long run – sign up for paperless billing.

2 Start small

Overhauling your finances may seem daunting, so focus on one area at a time, such as checking your bank account to see what direct debits you have. You might find you're paying for things like memberships you don't use if so, ditch them.

3 Spend on what brings you joy

Keep a spending diary to see where you're wasting cash. Marie's technique involves only keeping clothes that 'spark joy'. To apply that to spending, ask 'What makes me happy?' Do you love eating out, but struggle to afford to much? Is it family holidays in the sun? Set a monthly budget, putting aside cash for these, and slash what you spend on less important items.

Take the time to budget for the things you care about most

3 ways to...

protect your car

Consumer group Which? reveals its top tips to help stop your car being stolen - whether it's keyless or not

1Be savvy

'Keep your car keys out of sight at home and never within close proximity of your front door,' says a Which? spokesperson. 'If you own a keyless car, contact your manufacturer to find out how you can protect yourself.'

2Be sensible

'Don't make your car look more appealing to thieves than it already does, for example, never leave valuables in

view,' they add. 'Also, cars are far more likely to be stolen at night. If you can't park overnight in a locked garage, try to park in a well-lit area, or consider investing in CCTV.'

3 Be secure

'Use a steering wheel lock,' advises the spokesperson. 'The best locks are approved by Secured by Design and cost around £120.' Visit which. co.uk/keylesscars for more information.

Did you KNOW? The most expensive street in England and Wales last year was Grosvenor Crescent in Belgravia, London, where homes sold for an average of £33,121,000! By comparison the cheapest street was Harrogate Lane, Stockton-on-Tees, where the average price was £16,415, according to figures from the Land Registry.

HAVE YOU HEARD?

Mums returning to work after having children could soon receive greater protection from being treated unfairly, under new plans. The government is proposing that the legal protection against redundancy for pregnant women and new mums on maternity leave should be extended for up to six months after they return to work. The safeguards could also be extended to parents who return from adoption leave or shared parental leave.



DEAL OF THE WEEK

Learn a new skill for less! There's 70% off online courses at Centre of Excellence, including the Aromatherapy Diploma Course, was £147 now £44.10. Use code WOMANSOWN70 at centreofexcellence.com from 2-15 April 2019. T&Cs apply. Discount does not apply to Shipping, Printed Materials, Certificates or the classroom-based Level 3 Training Award.



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steering wheel lock

for greater security



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Room Refres

Consider adding colour when decorating your family bathroom or en suite





1...Bathroom



No dads allowed

Parenting websites are awash with debate over who should be in the delivery suite for a birth. Some women don't want their partner there. We speak to two mums about their different choices

'My sister was my rock'

Emma Best, 32, is a full-time mum who lives in Basildon, Essex, with partner Rhys, 35, a forklift driver and children Harlee, four, Elbiee, two, and Viniee, one. She had her sister, Angela Collins, 35, a nursery manager, with her at the birth of all her children.

'Angela

to say to

help me

I was induced with Harlee and it was a long labour. I had both Angela and Rhys with me, but Rhys slept through most of it. He likes routine, so he needed his meals and his sleep. I used to think it was important for

a dad to be there at the birth of his children. But Rhys doesn't cope with seeing me in pain and not being able to do anything about it. Knew what

Angela was my rock and she knew what to say to help me through it. She is a mum too, so knows what labour feels like. As soon as Harlee was born, Rhys went home, but Angela stayed.

through it' I knew when I fell pregnant with Elbiee, I wanted Angela to be there again, as she knows me better than anyone. When I told Rhys my decision, he didn't argue. He

said he'd seen childbirth once and didn't need to see it again. He was happy to stay at home with Harlee. My labour with Elbiee resulted in an emergency Caesarean and Angela was calm and reassuring. I was ill

> afterwards, which was hard on Rhys because he felt helpless.

That was the only time I questioned whether I had made the right decision to not have him with me. Although, if Rhys had been there, he'd have really panicked and that would have made things worse.

Strong bond

When I went into the hospital to have Viniee, Angela dropped everything to be there with me. Rhys came into theatre, but as soon as he'd

had a cuddle with his son, he went for dinner. It makes me smile

I don't regret my decision to have Angela with me during my labours and she's seen me at my lowest and highest points. It's definitely brought us closer.

when I think back.

Rhys says

'I'm glad I saw Harlee being born and when Emma told me she wanted her sister there the second time, I didn't mind. I didn't feel I was missing out, because I had seen it before. I knew Angela would support Emma better than I could.'



The way ISEEIT

A newly born

Lexi with mum Natasha



He was in another room watching Coronation Street'

Natasha Harding hired coach, Vikki Radford, for £200 when she had daughter, Lexi, in 2013. Natasha, 43, of West Malling, Kent, is married to sales executive Paul, 50, and is also a yoga teacher and mum to Zak, 12.

I'm not a big fan of men being in the birthing room. I think very few of them actually help - and in fact many can make labour ever harder. My now husband Paul is very squeamish and can't even tolerate seeing somebody having a blood test, so I knew he wasn't the best choice of birth partner.

When my son Zak was born in 2006, Paul was around but not in the room when he was delivered and that suited us both fine. Lexi is my second child and

I'm that rare breed of woman who finds childbirth easy.

However, I still felt as though I needed someone for the emotional support during labour and thought a doula – a hired birth companion - would fit the bill. I searched online for doulas in my area and found Vikki. We met and clicked immediately.

Lexi's arrival

On the morning of my induction, Vikki was by my side. Paul popped in and out, but mainly it was Vikki who was there.

After they broke my waters, just 51 minutes later Lexi was born. The midwife hadn't expected the birth to be so fast and had left me on my own in the delivery room, meaning Vikki had to run to get help. Paul was in another room watching

Coronation Street. He popped in during the ad break to see how things

'She did

the job

ШШ

were going – only to be greeted by his daughter. Vikki has since become one of my closest friends. She helped me in the early days and did the job my mum, who died before I had children, would have done. She still looks after

> Lexi twice a week and I think of her as family.

Lexi was an incredibly challenging baby and has since been diagnosed with autism and Vikki has been an absolute rock through

ammun

.....

omansOwn.co.uk 43

my mum would have the process. I call her my done' angel sent from God. Natasha (left) hired Vikki to be her birthing partner for when she had Lexi

Paul says

'I was more than happy for Natasha to hire a doula. Vikki was able to support her in ways I couldn't. I don't feel I missed out in the slightest there are some things that I just don't need to see.'

Lamb en croute with basil and mint stuffing

This fragrant stuffing gives lamb a new lease of life, and the pastry adds new texture to your roast, too.

Serves: 8

You will need

before and continue. If making fresh, you can make the stuffing up to two days ahead.

- *1.3kg extra trimmed lamb, whole boneless leg, generously seasoned
- 325g ready-rolled puff pastry sheet
- *1 egg, lightly beaten

For the stuffing

- *2 garlic cloves, sliced
- *2 slices white bread
- *100g pine nuts
- *3tbsp chopped mint
- * 3tbsp chopped basil
- ***** 2tbsp olive oil
- * 2tbsp Dijon mustard

For the gravy

- *150ml Marsala
- * 600ml hot chicken stock
- * 1tbsp sun-dried tomato paste
- * 2tbsp thickening granules

How to do it

For the stuffing, put the garlic, bread, pine nuts, mint, basil and seasoning in a food processor. Blitz to form crumbs. Add the oil and mustard, and blend.

Heat the oven to 200C/Gas 6. Place the lamb in a roasting tin and roast for 1 hour. Remove, then put a greased heavy-based baking sheet in the oven.

Unroll the pastry. Cut off a strip from the longest end and cut it into leaf shapes for decoration. Spoon the stuffing lengthways down the centre of the pastry. Position the lamb on top.

Brush the pastry edges with water 4then lift them up and over the meat, pressing the edges to seal. Place on the baking sheet with the join underneath. Place the pastry leaves on top, securing them with a little water. Brush the pastry with the beaten egg to glaze.

It's never been easier to get

organised, thanks to these

easy-to-freeze recipes

Bake for 1 hour, until pastry is golden and the meat is cooked through.

For the gravy, add the Marsala to the roasting tin with the juices, heat on the hob and bubble for 1 min. Add the hot stock and tomato paste, heat until boiling, then whisk in the granules. Serve with the lamb.

PREP TIME: 20 MINS COOK TIME:

2 HRS 10 MINS SKILL LEVEL: MEDIUM **CALS: 579 FAT: 35G SAT FAT: 12G**

CARBS: 21G

OS: TI-MEDIACONTENT.COM

COMPILED BY: ROSIE CONROY. PHOT

Golden potato gratin

This genius method of cooking spuds means all the hard work is out of the way on the day.

Serves: 8

You will need

- * 150g diced pancetta
- *2tsp sea salt
- * 1tsp ground black pepper
- *1.2kg potatoes, peeled
- * 400g shallots, peeled
- * 2tbsp chopped thyme leaves
- *300ml vegetable stock
- * 60g butter

How to do it

1 Heat oven to 200C/Gas ▲ 6. Pan-fry the pancetta until cooked. Drain the fat from the pancetta and use it to grease a large ovenproof dish. Combine the sea salt and pepper in a small bowl and sprinkle some over the base of the dish.

Tit a food processor with a slicing attachment. Push the potatoes through the tube to cut them into fine

To freeze, complete all steps. Defrost the day before and bake at 200C/ Gas 6 for 30 mins, until hot through. For fresh, you can make this up to a day before and chill before

reheating.

slices. Repeat to slice the shallots.

Stack the potato slices sideways in the gratin

dish, layering with shallots, pancetta, seasoning and thyme. Pour over the stock, dot with butter, and cover with

buttered foil. Bake for 40 mins. Uncover and cook for 20 more mins, until the potatoes are tender.

PREP TIME: 10 MINS COOK TIME: 1 HR 10 MINS SKILL LEVEL: EASY CALS: 270 FAT: 12G SAT FAT: 6G CARBS: 32G

Rhubarb and pistachio pavlova

This classic pudding has been given a seasonal twist in this sensational recipe that's ideal for an Easter meal.

Serves: 8

You will need

*1 shop-bought pavlova base For the filling

*500g rhubarb, cut into 5cm lengths

* 90g golden caster sugar

* 500ml double cream

* 90g pistachios, chopped

You will need:

*Piping bag

Buy the meringue up to five days ahead, and store in an airtight tin. Roast



1 Heat oven to 200C/Gas 6. ■Spread the rhubarb out in a roasting tin, lined with baking paper. Sprinkle with sugar. Roast for 7-10 mins, until the rhubarb is just tender. Cool.

Whip the double cream, and use to fill the piping bag.

Place the pavlova base on a serving dish. Just before serving, pipe the cream around the edges and arrange the rhubarb on top. Drizzle with the syrup from the rhubarb and sprinkle with the chopped pistachios to serve.

PREP TIME: 15 MINS COOK TIME: 10 MINS SKILL LEVEL: **EASY CALS: 281 FAT: 5G SAT FAT: 0.7G CARBS: 46G**



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Supermarket

ALL the best deals for you this week!

Quorn Mince 500g (Tesco)

QUORN MINCE LENTIL BURGER

Serves: 6

You will need

* 200g Quorn Mince (defrosted) * ½ red onion, diced * ½ red and ½ yellow pepper, diced * 2 cloves garlic, crushed * 1tbsp smoked paprika * 2tbsp red pesto * 125g cooked puy lentils * 100g wholemeal breadcrumbs *1 egg yolk, beaten * 8-10 basil leaves, shredded

How to do it

1 Heat the oven to 200C/Gas 6. In a pan, heat 1tbsp oil and fry the onion and peppers for 3-4 mins, add the garlic and paprika and fry for 2 mins.

In a bowl, gently combine the fried ingredients with the mince, pesto, lentils, breadcrumbs, egg and basil.

Divide into 6 burgers, place onto a greased baking tray and cook for 10-12 mins. Serve in a bun with salad.

NAANSTER.



WAS 70p each NOW 3 for £1

TUTTI FRUTTI

Del Monte's Fruit Fusions (Tesco)

Healthy pick-me-up solution to combat that mid-afternoon energy slump - low cal and no added sugar.

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Pinot Grigio Delle Venezie (M&S)

A refreshingly crisp dry white from north-east

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sourdough base topped with an array of amazing

quality ingredients, you won't believe it's just a supermarket pizza.



With a quarter of young women suffering from mental health issues, writer

Rosie Gizauskas, 31, reveals the effect it had on her libido

earing the ping of a WhatsApp message, I chucked my phone under a cushion. I knew it was the handsome man from

Tinder I was due to meet later, but I also knew I was never going to make the date. It had been six months since I had been intimate with a man, and I desperately craved the touch of someone between the sheets, but just the thought of meeting up with a man

made my head spin – let alone actually having sex with him.

I've always been a bit anxious, but I managed to keep a lid on it until I graduated from uni in 2010 and plunged into the world of celebrity journalism.
Suddenly, the pressure was on and instead of spending

my evenings and weekends going on dates, I was heading off to showbiz parties for work.

An ordeal

But in early 2013, the glitzy events began to feel more like huge ordeals. I'd be in the middle of trying to talk to someone and my mouth would dry up or my legs would tremble, and I'd desperately want to run away. I felt blindsided, and after a few months, I had to give up my job. I couldn't cope with the anxiety it triggered, so I focused on freelance writing instead.

Even so, my stress levels remained high and it began to affect more than just my

'I was

petrified

l wasn't

interesting

work. I'd gone from being a single woman who loved meeting men and was confident in bed, to

someone who couldn't bear to even think about it. I was petrified I wasn't interesting or fun, or that I might make a fool of myself. It was as if something had

completely switched off in my brain and I couldn't control it.

Of course, it meant my sex life took a massive dive, too. At night alone, I would

Now she finally feels like her old self again

crave cuddles and the feeling of being close to someone, but my confidence had taken such a battering that the thought of getting intimate repulsed me. It meant that I often turned down or cancelled

You'll never BELIEVE IT!



dates at the last minute with men I knew the old me would have wanted to rip the clothes off.

Time out

After a year of enforced celibacy, I confided in friends about what I was going through and they suggested I take

time out to focus on myself. I did this for another year, until in the summer of 2017 I thought I'd test the waters. I managed to make it through a couple of dates and into bed with one man, but it was a disaster and I found the whole experience extremely stressful.

important' While I went through the motions physically, I felt miserable afterwards. I wasn't that interested in him, and I freaked out when he started texting

and asking to see me again. On top of that, my anxiety forced me to over-analyse what had happened, and I felt intensely guilty for rejecting him.

Soon, I had pretty much convinced myself that I was destined to spend my life alone. By then, my libido was non-existent. I didn't even feel any real sexual urges, and orgasms were certainly not on my to-do list. But my anxiety didn't ease, so In late 2017, I forced myself to see my GP.

The doctor referred me for cognitive **b**ehavioural therapy (CBT) with a brilliant **NHS** therapist who managed to coax me out of my anxiety and self-imposed celibacy. By the end of the three-month course, she 'dared' me to set up a Tinder date, which I did – and I truly haven't looked back since.

Six months after having therapy, I finally had sex with a man I was dating at the time. It was nerve-racking but nice, especially as I finally felt

comfortable and relaxed in my own skin. It had been over half a year since I'd last had sex and I really did feel like an entirely different person.

In May last year, I even headed out to Italy to meet Mauro, 35, a guy I'd had a holiday romance with years ago, and I

prioritises

what is

and isn't

had an amazing time.

But why did anxiety have such a huge impact on my libido? According to Katerina Georgiou, a psychotherapist who works with patients with anxiety, during times of mental trauma, the brain 'prioritises' what is and isn't important.

'When you're anxious, the brain focuses solely on its most vital needs, which is where the fight and flight mode comes in,' she explains. 'Your most

important priorities are to be safe and fed. Everything comes second to that, with sex going out of the window.'

Ways of coping

While my anxiety still rears its ugly head occasionally, CBT has taught me effective coping techniques, such as deep breathing and focusing on the situation in front of me when my mind goes off on a tangent.

Now, I feel like I'm finally back to the old me – the girl who had no qualms about kissing a guy at a party if I felt like it. And sex? Well, let's just say that I'm back on track with that, too – and I'm certainly making up for lost time.



The truth about anxiety

Anxiety is a type of fear usually associated with the thought of a threat or something going wrong in the future, but can also arise from something happening right now. More than one in 10 people are likely to have an anxiety disorder at some stage in their life and an estimated 13% of the adult population will develop a specific form of anxiety known as a phobia.

It's also thought that women are twice as likely as men to develop anxiety. Stress, anxiety and exhaustion can be all-consuming and have a major impact on your happiness, including your sex drive. If you feel you're constantly tired, stressed or anxious, you may need to make some lifestyle changes or speak to your GP for advice.

Anxiety can be treated in a number of ways including cognitive behavioural therapy, available on the NHS, which helps change the dysfunctional thinking patterns that can lead to low confidence. For more information, go to anxietyuk.org.uk

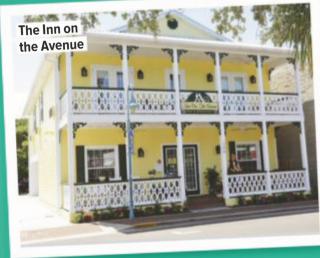
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An hour from Orlando and just south of Daytona Beach, New Smyrna Beach is a hidden gem

Stay central

Arriving in beautiful sunshine, the friendly and hip vibe of New Smyrna Beach hits you straight away. Flagler Avenue, leading to the beach, is lined with

a flurry of colourful boutiques, buzzing bars, breweries and restaurants. Stay right in the heart of the action, at the Inn on the Avenue, a quirky and charming



independent B&B. Each of the rooms is decorated in its own beachy style and host Tami serves a homemade breakfast every morning. Expect delicious and hearty meals such as steak and eggs or American staples biscuits and gravy, or have a go at flipping your own pancakes on the inbuilt griddles on the dining room table! The perfect way to start the day.

The boardwalk stretches for 1.5 miles



Out and about

There are great independent shops selling everything from crafts to confectionery in the area. Get inspired by visiting The Hub on Canal art gallery, home to working local artists who represent a multitude of mediums, including painting, ceramics, photography and sculpture. You can stop by the New Smyrna Museum of History to learn about its unique past, or take a stroll along the boardwalk in the Smyrna Dunes Park, surrounded by two waterways.



Flagler Avenue

has a great

art scene

A trip along great way to see the area

Go paddle boarding

.....

New Smyrna Beach is divided by an Intracoastal Waterway where there's great fun to be had out on the water. Spend a sunny morning paddle boarding (paddleboardnsb.com), where river dolphins will leap out of the water around you. Experts, Eric and Kristen, are there to guide if you're a beginner. They also offer single and double kayaking if you prefer.

Discover dolphins

If you'd rather travel in the comfort of a boat then you can explore the variety of species that live here on a two-hour Dolphin Discovery Tour. Certified Florida naturalis from the Marine Discovery Center take you on a guided tour. One of North America's most diverse estuaries, it is home to more than 4,000 series of plants and animals. Many birds can be spotted, such as osprey and pelicans, while dolphins, manatees, wading birds and sea turtles often make an appearance. It's an immersive way to experience Florida's natural beauty while also learning about conservation efforts to preserve and protect it.

IIIIIII



After all that activity, you'll have worked up an appetite and there's no shortage of fantastic places to eat. For a warm, fun and casual atmosphere, try CorkScrew Bar & Grille on Canal Street. Along with live music, there are plenty of delicious American classic comfort dishes to try, from stuffed meatloaf to mac 'n' cheese. Be sure to try their famous sweet potato maple cheesecake topped with bacon pieces -

> the waterfront, then head to Outriggers. Marvel at the beautiful marina while sipping on a mojito and indulging in some of the freshest seafood.

> > Head downtown

handcrafted beer

for a local

dessert heaven! If you fancy a cocktail on

If beer is more your thing, you can head to downtown Canal Street to the New Smyrna Brewing Company (newsmyrnabrewing.com), for handcrafted speciality ales brewed right in the town. Try everything from chocolate peanut butter to peach-

There's nothing

like seeing

dolphins in

the wild

Hip hops

flavoured ales. Yum!

For more information on New Smyrna Beach, Florida, go to visitnsbfl.com. Rooms at Inn on the Avenue (innontheave.com) start from \$139 (around £105) per room, per night, including breakfast. Virgin Atlantic (virginatlantic.com) operates daily flights between London Gatwick and Orlando, with fares starting from £328 return.

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A treat for my

grandkics

Manjula Morjaria, 75, from High Wycombe, Bucks, won £1,324 and spoilt her loved ones

'It's been a

pleasure to

surprise

ettling in for a quiet evening in April 2018, I knew exactly how I wanted to spend my time while

relaxing. My husband Ramnik, 78, was sitting on the sofa watching TV, so while he was comfy watching his programmes, I sat down at the computer to enjoy some bingo and a bit of chat.

my family' Bingo is one of my favourite pastimes and some evenings I enjoy a game or two before sitting with Ramnik to enjoy the soaps together.

I'd first joined Woman's Own Bingo after seeing an ad in 2009, and while I'd never really been one to visit bingo halls, I was intrigued by the number of winners and how

they spent their win on holidays and treating their families. Besides, it looked like a lot of fun and when I heard about the bingo chat rooms, I signed up.

I made so many friends and had a wonderful time chatting to everyone. And the conversation wasn't just about bingo either - we nattered about all manner of

Manjula with her winner's cheque

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Tiki Totems

Get involved in the monkey business with our brilliant multiline slot game, Tiki Totems.

Tiki Bingo

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Tiki Island

Join Tiki and his friends in a Pacific paradise! You can win up to £100,000 on this multiline slot.



Tiki Temple

Tiki Temple is the unique slot game that comes jam-packed with amusing characters, exciting bonus games and a huge progressive jackpot!

things, including our favourite TV shows and things we had read in magazines.

Great variety of games

The games are so easy to understand, and great fun to play. There are lots of games and new ones often pop up when I log in. There's always a great variety to choose from. But my all-time favourite is Round the Clock Bingo, a 75-ball game, where players have to complete a pattern on their card that differs from game to game but has to be within a certain number of calls to win the jackpot.

When I logged in to play that night in April 2018, I bought a few tickets for Round the Clock Bingo with a buy-twoget-one-free offer. While the game played

You could be



out as my numbers were being dabbed off automatically, I didn't need to worry about missing any ball calls, and I spoke to a few friends in the chat room.

Then, I could see I'd almost completed the game pattern and the computer screen began to flash frantically with a celebratory message. My numbers had all come in and I'd won a grand total of £1,324!

'Surely not,' I mumbled in disbelief. It sounds silly, but I had to rub my eyes to make sure I wasn't dreaming, but there it was - I'd just hit the £1,324 jackpot, having also won £102 on the Full House! Overwhelmed with excitement, I shouted out to Ramnik, 'Quick, come and look!'

Congratulations!

'What's going on?' he asked. 'I don't believe it! I won on the bingo!' I smiled with glee. A happy grin spread over Ramnik's face. He congratulated me and threw his arms around me for a big hug when he

I treated my sisters with my win!

'I have

Sheila Jeffreys, 65, from London, won her Full House on Tiki Bingo

aving just retired from my job as a cheese specialist for a supermarket I was getting used to enjoying my free time.

I was checking my emails when I spotted a message from Woman's Own Bingo. I read through the email and was impressed by all the new games and great

promotions on offer. I had joined in October 2017 and really enjoyed the games with a few small wins.

I like Tiki Bingo, a 90-ball game where players can win cash prizes for a line, two lines or the coveted Full House. The rules are so simple and easy to follow, and players don't even need to mark their numbers themselves as they're daubed off automatically.

So while I was sitting in my living room with my husband David, 69. I decided to play some bingo on my

laptop. Paying just 10p a ticket for a link game in the Tiki Bingo room, I bought six for the next game. A link game is when several of the bingo

£1,000

rooms are linked together for one huge game to play

for a bigger Full House. made new Amazingly, my numbers kept rolling out. Seconds later, my screen flashed as my final number was crossed off

- I'd won £1,000!

I knew exactly what I was going to do with it. My sister was coming to visit from Australia, so I decided to treat her and my other sister to some meals out. I also bought some clothes.

I still play Woman's Own Bingo, and with my many new friends in the chat rooms, I'm a double winner!

saw the message on my computer screen.

I couldn't believe it until I checked my balance and saw my winnings.

First of all, I wanted to get something for my two grandchildren, aged 15 and 10. But I hadn't a clue what they'd like, so I gave them some money each.

As a nice treat for myself, I bought a

new winter coat. I wanted to treat Ramnik, too, but he was adamant that he just wanted to see me enjoy my win. So instead, I'll save the rest and put it towards spoiling us later on.

With my fantastic Woman's Own Bingo win it's been a real pleasure to surprise my family, too.

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*Rules: 18+, UK only. New members only. Registration and opt in required. Minimum £10 deposit and wager. Bingo game restrictions apply – £50 value on 25p tickets. 30-day expiry from deposit. Offer in this issue ends 8 April 2019. See full Rules at womansown-bingo.co.uk. Woman's Own Bingo is part of the Jackpotjoy.com network. For 24-hour support, freephone BeGambleAware.org (18+ 0800 458 0770. Please play responsibly.









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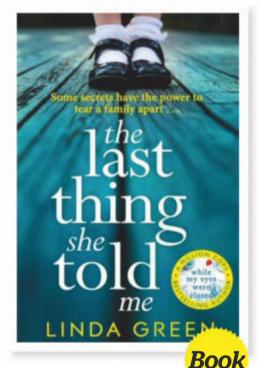
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Check out these great new films, unwind at home with a DVD or curl up in comfort with a good book



The Last Thing She Told Me

by Linda Green, Quercus, PB, £7.99

Disturbing family secrets are at the heart of this riveting, multi-generational read, as Nicola's grandmother Betty sets events in motion that can never be undone. Her final words lead Nicola to uncover something terrible in her mother's past and confront the demons of her own. Poignant and well-paced, Linda Green brings into focus how women have had to bear the weight of the perceptions and actions of others across the ages.

The Keeper Out5April

This sporting biopic tells the story of football legend Bert Trautmann, the former German prisoner-of-war turned Manchester City goalkeeper, who famously played on with a broken neck in the 1956 FA Cup final. With David Kross displaying grit and charm as Trautmann, and Freya Mavor shining off the pitch as Margaret, the feisty local girl who wins his heart, the movie is bound to have you cheering too.



Shazam! Out5April

There's more than a touch of Tom Hanks' beloved 1980s body-swap comedy Big about this family-friendly superhero movie. It too sees a youngster becoming a grown-up, but here the main story's wishfulfilment figure is a 14-yearold foster kid named Billy Batson (Asher Angel) who can turn himself into a mighty superhero – played by Zachary Levi – whenever he says the magic word. With **Batman and Superman** becoming too dark recently, **Shazam!** effortlessly brings back the spirit of playful fun.





Ice Age: Collision Course RRP:£12.23

This instalment of the popular *Ice* Age series, sees Buck, Manny, Ellie, Sid, Diego and the rest of the herd reunite when Scrat triggers cosmic events, putting their lives in danger. The group must embark on a fun-packed mission to avert the pending global catastrophe.

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SO WILL YOU!

The Stranger Inside by Laura Benedict, Mulholland Books, HB, £14.99

Coming home to find a strange man inside her house, her locks changed and her neighbour backing up his story that he's renting there, Kimber's world is thrown into disarray. With a chilling premise, Benedict taps into the modern concern for information security in a piece of expertly crafted storytelling.





Missing Link Out5April

Hugh Jackman, Zach Galifianakis, Zoe Saldana and Emma Thompson lend their voices to this animated comedy adventure. Jackman is 19th-century explorer, Sir Lionel Frost, and Saldana his fellow adventurer, Adelina Fortnight. They are on the hunt for a legendary beast in America's Pacific Northwest and Galifianakis is the curious creature they find.



Care RRP£10.82

This critically acclaimed BBC drama written by Jimmy McGovern (The Street, Broken) stars Sheridan Smith as Jenny – a single mother struggling to raise two children. After her husband leaves, Jenny relies on her mother Mary (Alison Steadman) to look after her kids. But when Mary suffers a stroke and develops dementia, Jenny's world starts falling apart, as everything changes.



Your STARS

Discover your destiny with Wendy Bristow, our expert astrologer

21 Mar - 20 Apr Friday is a power moment when the new moon in Aries acts like a refresh button across your life. Something new you'd like to

try? Do it then and see it fly. *aurus* 21 Apr - 20 May

Are you feeling it yet? The influence of Uranus in Taurus can make you feel restless, impatient or tempted to take everything you own to the charity shop and start over.

21 May - 20 Jun Now fiery Mars has arrived, his influence can exaggerate Gemini's double nature, making it difficult to do one thing at a time and avoid distraction. Stay focused.



It seems like you're pulling in one direction and old fears or other people are tugging you into the past. Keep going. Friday's new moon adds some oomph which will help.

23 Jul - 22 Aug Recent confusions may have turned you into a lacklustre lion who's given up a dream. So hooray for Friday when the new moon helps you get your mojo back. And how.

23 Aug - 22 Sep With every day that passes, a recent upset gets easier to understand. If you also need to forgive someone or to be forgiven, the days before Friday are wonderful.

23 Sep - 23 Oct

Yours is the sign most concerned with relationships. If your own are out of whack, Friday's new moon acts like a relationship re-boot. Use the vibe to ring the changes.

> corpio 24 Oct - 22 Nov

People born under a fixed sign like yours can resist change. But couldn't aspects of close relationships do with improving? A few adjustments? Try a few tweaks right away!

23 Nov - 22 Dec Feel-good Jupiter at home in Sagittarius has a Guardian Angel influence. Friday's new moon is helpful too, bringing positive changes

> Capricom 23 Dec - 20 Jan

to do with children and lovers.

It's easy to fall into old habits. Or be pulled back to the past another way – long-buried memories could surface. Don't ignore this process. It's trying to tell you something profound.

guarius 21 Jan - 19 Feb

Are you grappling with a sense of impending doom? What we're talking about is fear. Remember the truism: 90% of what we worry about never happens.

sces 20 Feb - 20 Mar

If anything went wrong recently, you can put it right. In recent weeks, talking about it made matters worse, but now it helps to sort it all out by discussing what happened.

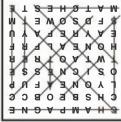


Clues &

Fill in the clues in the direction of the arrows

Second Greek letter	•	List of food options	•	Prickly desert plants	•	Hen's produce	•	Authentic	•	Kent, Superman's alias
>				Water noise	•					
Limited amount		Curious		Make a request		Mountain ash		Sea dogs		Unit of length
•		Y		Y	Second attempt	- '				•
In the, eventually	Dancing club	-					Alias (inits)	-		
•			Terrible trials		Offends, disgusts		Small dots of land		Spike of corn	
Abridges	Animal lead	Pensive poem	_	Elevated	- '		ľ		•	
-	ľ							Came up		Take on as your own
State further	-			Fall into water		Stone, Dutch model	-			
>				Y					Tell fibs	
Stay the night (5,4)		Without exception	-			Variety of whist	-			
Snack item		Disinclined	-				Drink daintily	-		
•						Encounter	-			

MORDSEARCH



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CLUES & ARROWS





CKOSSWORD

SUOITUOS 91ZZN4

Quick & easy

If you really don't have much time to spare, give your brain a break with one of these.

See if you can solve these in 10 minutes

2							4	\Box
2 3 1							_	
3			1	9				6
1	6			9 5	3			
						5 7		
		2	5			7	9	
7				3			9	
	1			7				
		8				9		
4			9			1	8	7

Sudoku

To solve the puzzle, each 3x3 box, each column and each row must contain the numbers 1 to 9.

Wordsearch

The answer is the word missing from the grid.

BANANAS BEER **CHAMPAGNE CHEESE CHOCOLATE CLOTHES COFFEE CUSTARD**

MATCHES PERFUME SWEETS TEA **TOYS TYRES**

WINE





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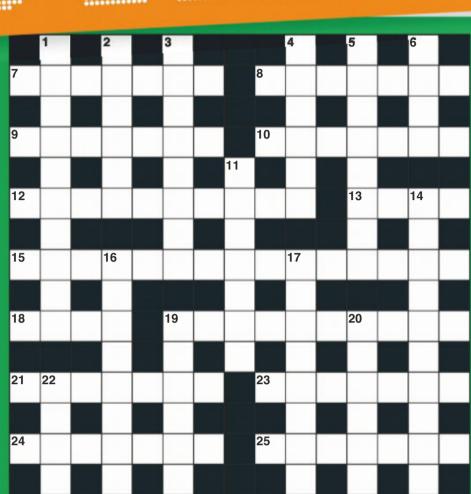
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Crossword

Put your feet up and have a go at this old classic

ACROSS

- Bother, worry (7)
- End of term at school (5,2)
- 9 Green vegetable, rich in iron (7)
- 10 Secret den (7)
- 12 Long-term refrigerator (4-6)
- 13 Cable, thick string (4)
- 15 Buses, trains, trams etc (6,9)
- 18 Slang term for 'potato' (4)
- 19 Fortunate, well-off (10)
- 21 Remains, leftover part (7)
- 23 Unable to sleep (7)
- 24 Ruled as a monarch (7)
- 25 Plotter, conspirator (7)

DOWN

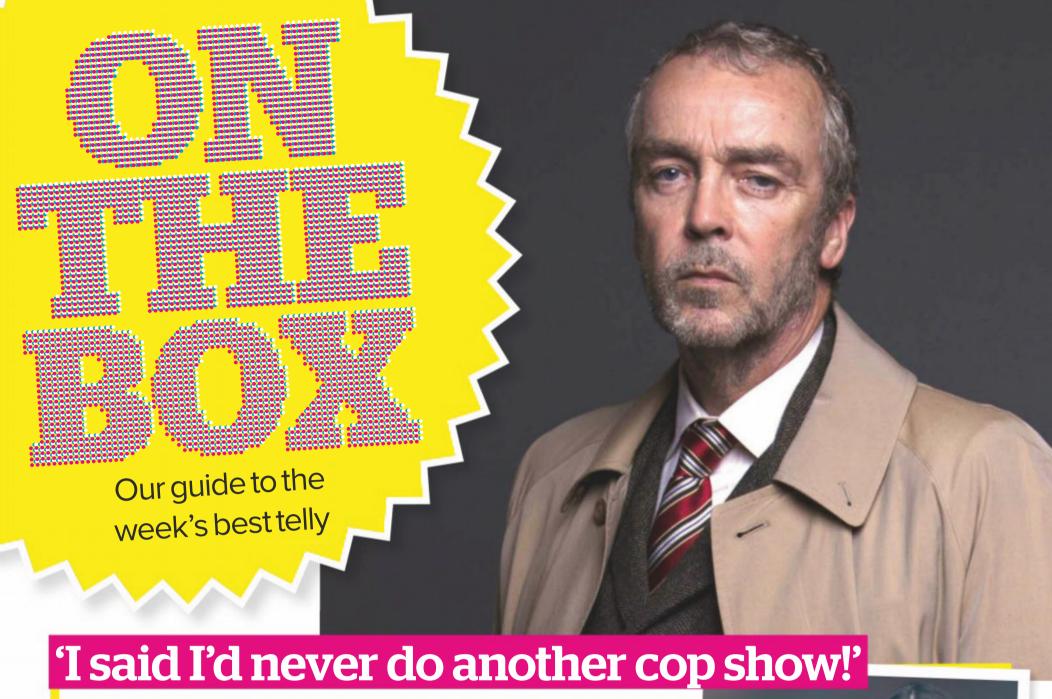
- **Athletics field** event (6,4)
- 2 White swede-like vegetable (6)
- Using the mains or a battery (8)
- Pleasure trip on a ship (6)
- Mention a celebrity (4-4)
- Ballet dancer's skirt (4)
- New soldier (7)
- 14 Harasses, victimises (10)
- 16 Digs, boarding-house (8)
- 17 Constant pest (8)
- 19 Looked sullen (6)
- 20 Legs ___, bingo call (6)
- 22 Seed-buds of potatoes (4)

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John Hannah plays a detective investigating the brutal attack of a bus driver in BBC1's new four-part thriller *The Victim*

a complex

Shown over four nights this week, The Victim follows grieving mum Anna Dean (Kelly Macdonald), whose nine-year-old son Liam was murdered 15 years ago.

The killer, who was only a child himself, has since been given the

chance to start his life again with a new identity, and an angry Anna is determined to track him down.

backstory' So when family man and bus driver Craig Myers (James Harkness) is attacked after being identified online as a child murderer, Anna is accused of revealing the new identity of her son's killer online and conspiring to have him murdered.

Investigating the case is DI Steven Grover, played by Cold Blood and A Touch of Cloth actor John Hannah, who had previously vowed to never play another detective.

'I came back from New Zealand having

filmed Spartacus, which 'DI Grover has I really enjoyed, so I told my agent that I didn't want to do any more cop shows,' says John. 'But then A Touch of Cloth came up and I said, "OK, I'm definitely

> not doing any more cop shows!"" So why did John agree to take on the role of yet another detective?

'It was the fact that he was a really interesting man with a complex



backstory,' says John. 'Series writer Rob Williams has delivered an exquisitely drawn character in DI Grover. On first appearance he seems pretty straightforward, but I'm pleased to report that audiences will soon find out that this is far from the case!'

The Victim is on BBC1



Stephen Mulhern

The presenter's turning 'In For A Penny' from Saturday Night Takeaway into a game show of the same name for ITV. He'll ask the public to play various silly games to win cash prizes.



Favourite actors in

Kate Beckinsale plays

Georgia Wells whose husband has been reported dead in the Congolese jungle. Three years on, she makes a discovery that takes her to Africa to uncover the truth.



RICHARD ARNOLD'S **MUST-WATCH TV!**

Our showbiz columnist chooses three top shows to look out for this week

YOU LIKE...



DEATH IN PARADISE, BBC1

The hit crime drama that followed eccentric British detective Richard Poole (Ben Miller), who became a fish out of water when he was assigned to the Caribbean island of Saint Marie.

NOW TRY...

WILD BILL, ITV

Hollywood star Rob Lowe is in upcoming ITV series Wild Bill. He plays Bill Hixon, a high-flying US police chief who starts a new life in the UK as Chief Constable of the East Lincolnshire Police Force. Also stars Rachael Stirling and Angela Griffin.



BGT returns – and so does Ant McPartlin!

The Durrells, ITV In the Corfu-set drama's final series, Louisa (Keeley

Hawes) runs a guest house, while Margo, Larry, Leslie and Gerry continue to get up to all sorts.



Whether you like it solo or a singalong, there's something for everyone this weekend, as the winners of the top warbling shows on TV are crowned. This can mean only one thing. We are just weeks

from the launch of Love Island.

Sam Swainsbury

Best known as Jason in BBC2's Mum, the actor will turn up in an upcoming episode of ITV's Victoria. He plays Dr John Snow, who's asked to help during a London cholera outbreak.



1 Britain's Got Talent.

The crew are back to celebrate

as they search this year's talent to bag the prize booty and the

chance to perform in front of

royalty, not just Simon Cowell.

the best of British in all its quirky, outrageous and eccentric glory

2 Coronation Street, ITV

From demon drink to dodgy deals, broken relationships and bashedup motors, our Carla has trodden every well-worn story arc on the cobbles, but the could the Underworld tragedy spell the end of the road for her?



Stacey Dooley

PHOTOS: BBC, GETTY, ITV, REX

In new BBC3 documentary Stacey Dooley and the **Bounty Hunters**, the **Strictly** champ travels to the US to meet some real-life bounty hunters, who bring fugitives to justice in return for cash.





As our children grow up and start families of their own, some of us choose to stay close, while others make a fresh start

Should we move away from our kids?



'It doesn't matter how independent they are'

Emily Cleary, 40, lives in Stoke Poges with husband Jamie, 42, and two children, Henry,

six, and Beatrice, four. When I left for university, I thought I'd never return but, like many students, I went back to the house I grew up in soon after I graduated. Mum's home-cooked meals were dished up and washing disappeared from the laundry bin and reappeared clean and ironed. At 24, I had a decent job, a fantastic social life, and rent at Mum's was cheap.

But while I was living the dream, Mum was yearning for her independence. A year later she hit me with it – 'I'm moving'. She'd met a man, changed jobs and decided to move miles away from me.

Of course, she had every right to want her own space, privacy and freedom. Mum upped the rent and I had to find a lodger to take her room or she'd put the house on the market. It was tough and a



huge learning curve. Not only that, I missed Mum terribly and while I could phone her and visit her every few weeks, it wasn't quite the same.

When I lost my dad in November 2015, I realised it was time to be near Mum again. We moved to be closer to her, so we could spend more time together and she could watch the kids grow up.

Being a mother myself now, I can't imagine separating from my children, no matter how old or independent they are. I want to be around to see them regularly and that means staying close by.



'We get the best bits of each other'

Flic Everett, 48, lives in Scotland with her partner Andy, 47. Her son Wolf, 26, lives in Manchester.

When I moved to Scotland three years ago to live with my partner, my biggest worry was not seeing enough of my son Wolf. But, while my natural instinct is to hover at his shoulder, offering loving warnings and advice, he is 26 and extremely independent.

And since moving, I've discovered that he's more than capable of looking after himself. If I did live near him, I'd be forever fighting the urge to pop round to cook him a meal, or begging him to visit.

Having our separate lives, 250 miles apart, means that when we do see each other every few weeks, it's a proper catch-up. I love it when he comes to stay, and when his girlfriend comes, too. Recently, all four of us went on



holiday, and our week in Malta is one of my most treasured memories.

I know some people might worry about the future and what will happen when I'm older and need care. But you can't put your life on hold and stay somewhere just because it may make things more convenient one day.

Living at a distance has taught me that love isn't based on constant proximity, and not being so close by just means we get the best bits of each other. Having said that, I'm very glad that Facebook and phones exist!

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